

Only a person has the Fortune



PERSONAL CATHOLIC BIBLE
COMMENTARY

RECIPE BOOK

IT'S TESTED RECIPES

These recipes are the result of years of experience in the kitchen. They are simple, easy to follow, and guaranteed to be successful. They are the recipes that have made our home a happy place for all who love to eat.

PRICE 3/6

MADE IN U.S.A.

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TABLE OF WEIGHTS AND MEASURES

4 Tablespoons Liquid	1 Wineglass.
1 Wineglass	$\frac{1}{2}$ Gill.
6 Tablespoons	1 Small Teacup.
1 Small Teacup	1 Gill or 4 oz.
1 Pint	4 Gills.
1 Breakfast Cup	$\frac{1}{2}$ Pint (2 Gills).
1 Tumblerful	$\frac{1}{2}$ Pint (2 Gills).
2 Teaspoons	1 Dessertspoonful.
1 Tablespoon Dry Substance	1 oz.
1 Dessertspoon or Level Tablespoon Butter or Fat	1 oz.
1 Breakfast Cup Sugar	8 oz.
1 Small Teacup Sugar	6 oz.
1 Dessertspoon Flour	$\frac{1}{2}$ oz.
1 Teaspoon Flour	$\frac{1}{4}$ oz.
1 Breakfast Cup of Cornflour	4 oz.
1 Tablespoon of Syrup	2 oz.
1 Cupful Rice	8 oz.
$\frac{1}{2}$ Pint Flour	6 oz.
$\frac{1}{2}$ Pint Oatmeal	6 oz.
1 Cupful Currants	6 oz.
1 Tablespoon Currants	1 oz.
1 Breakfast Cupful Butter	8 oz.
1 Breakfast Cupful Bread	4 oz.
10 Eggs	About 1 lb.
3 Level Breakfast Cups Flour	16 oz. (1 lb.)
1 Heaped Breakfast Cup Flour	8 oz.
1 Rounded Teaspoon Sugar	1 oz.
1 Breakfast Cup Liquid	1 Pint.
2 oz.	6 Penny Pieces.
$\frac{1}{2}$ oz.	1 Penny.
$\frac{1}{4}$ oz.	Threepenny Piece or $\frac{1}{2}$ Penny.

USEFUL TABLE OF WEIGHTS AND MEASURES

1 teaspoonful means 1 rounded teaspoon of anything.

$\frac{1}{2}$ teaspoon means 1 level teaspoon of anything.

$\frac{1}{4}$ teaspoonful means $\frac{1}{4}$ level teaspoon of anything.

1 dessertspoonful or 1 tablespoonful is measured in the same way as the teaspoon.

1 dessertspoon of butter or fat 1 oz.

1 tablespoon of flour or sugar 1 oz.

1 quart of flour 1 lb.

1 level tablespoon currants or other fruit 1 oz.

1 level tablespoon of rice 1 oz.

2 tablespoons of breadcrumbs 1 oz.

1 level dessertspoon of gelatine $\frac{1}{2}$ oz.

1 level dessertspoon of gelatine will set 1 cup or $\frac{1}{2}$ pint of liquid.

1 level teacup flour 4 oz.

1 level breakfast cup flour 5 oz.

1 egg (large) 2 oz.

2 gills $\frac{1}{2}$ pint.

3 tablespoons of liquid $\frac{1}{2}$ gill.

1 breakfast cup of liquid $\frac{1}{2}$ pint.

1 teacup or 6 tablespoons liquid 1 gill or $\frac{1}{2}$ pint.

1 coffee cup (small) $\frac{1}{2}$ gill.

1 wineglass 2 tablespoons.

1 lb. weight (16 oz.) 8 large eggs.

16 oz. 1 lb. weight.

In liquid measure, 1 pint $1\frac{1}{2}$ lb. or 20 oz.

All cup measurements are for $\frac{1}{2}$ pint cups.

SOUPS

FRENCH CHEESE SOUP

Four cups boiling water, 3 teaspoons beef extract, 2 tablespoons finely grated cheese, 1 cup fresh breadcrumbs, 2 eggs, salt and pepper and dash of nutmeg.

Dissolve extract in water. Mix crumbs, cheese and stir in beaten eggs. Gradually add the liquid to it. Season to taste and heat without boiling. Add nutmeg and serve very hot.

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FISH SOUP

One and a half lb. fish—any kind—using head and bones, 1 parsnip, 1 onion, sprig parsley, blade of mace, salt and pepper to taste. Cover with cold water and boil two hours, then strain. Melt 1 tablespoon butter in a saucepan, add 1 tablespoon flour, pour in the strained stock, add 1 cup milk and just bring to the boil. Serve with sippets of dry toast.

* * *

MULLIGATAWNY SOUP

Two quarts stock, 1 apple, 1 onion, 1 carrot, juice of $\frac{1}{2}$ lemon, 1 tablespoon butter, 1 tablespoon flour, 1 tablespoon curry powder, 1 tablespoon treacle.

Method: Make stock of beef, mutton, or fowl. Strain and put away till next day. Remove the fat before using. Melt the butter and add to it the cut up apple, onion and carrot. Fry a golden brown. Put into saucepan and add the curry powder, treacle and a teaspoon of salt. Mix well then add the stock and simmer till vegetables are tender. Rub through a sieve. Return to the saucepan and bring to the boil. Add the lemon juice and flour mixed to a smooth paste in a little cold water. Serve with boiled rice.

SAGO CREAM SOUP

One oz. sago, 1 pint white stock, 1 gill milk, 1 egg yolk, 2 tablespoons cream, bay leaf.

Boil stock with bay leaf, add sago and cook till transparent. Add milk and pinch sugar, salt and cayenne to taste. Beat egg yolk and cream, add to soup and cook gently till thickens. Do not boil. Remove bay leaf before serving.

* * *

POTAGE MINSTRONE

Soak up cup lima beans overnight with 1 teaspoon carb soda. Have ready stock required. Next morning wash beans thoroughly. Place in water with 1 teaspoon soda and boil till tender. Add to stock. Shred 1 carrot, 1 parsnip, 2 onions, 2 eschalots, 1 cabbage leaf finely cut, and add to stock and beans and 1 tablespoon chopped mint. Season to taste with pepper, salt and curry powder. Bring to boil and simmer $1\frac{1}{2}$ hours.

* * *

TOMATO CREAM SOUP

Twelve tomatoes, 1 onion, a small piece of bacon, $2\frac{1}{2}$ pints stock or water, a tablespoon butter or dripping, $\frac{1}{2}$ pint milk, 1 oz. cornflour, 1 bunch herbs, 6 peppercorns, 3 allspice, a pinch soda.

Method.—Wash and dry tomatoes and slice roughly. Peel and chop the onion. Make the butter (or dripping) hot in the saucepan, and fry the tomatoes and onions for 10 minutes. Add the herbs, peppercorns, allspice, bacon and half pint of stock. Simmer for fifteen minutes. Rub through a sieve and return to the saucepan with the remainder of the stock or water. Put the soda in the milk and stir. Blend the cornflour with a little water, stir into the soup and keep on stirring till it boils. Boil for five minutes. Add the milk and serve with croatons of fried bread or toast.

SAVOURY DISHES & SAVOURIES (Sandwich Fillings)

CHEESE RUSKS

Four oz. butter, 4 oz. matured cheese (grated), $\frac{1}{2}$ lb. self-raising flour, 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon cayenne pepper, 1 teaspoon salt.

Rub in butter and cheese, and add beaten egg in milk. Mix into a scone-like dough. Roll out $\frac{1}{2}$ inch thick, cook till light brown. Take from oven, split and return to oven and lightly brown again.

CHEESE STRAWS

Three oz. flour, 3 oz. cheese grated, 1 oz. butter, $\frac{1}{2}$ lemon (juice), yolk of 1 egg, $\frac{1}{2}$ teaspoon cayenne and salt to taste and $\frac{1}{2}$ teaspoon mustard.

Rub butter into flour, which has had dry ingredients mixed, if not moist enough add little cold water. Roll out thinly, sprinkle with salt, cut finely and bake in moderate oven.

SAVOURY STEAK

One dessertspoon flour, 1 dessertspoon sugar, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt. Cut steak in small pieces and roll in this mixture. Pour over the following mixture: 1 tablespoon Worcestershire sauce, 1 tablespoon tomato sauce, 1 tablespoon vinegar, $\frac{1}{2}$ cup warm water. Place in casserole. Sliced onions and tomatoes added to top when placed in casserole greatly improves. Bake about 1 $\frac{1}{2}$ hours.

PINEAPPLE CUBES

Cut pineapple into $\frac{1}{2}$ inch squares. Put square of cheese on top, then $\frac{1}{2}$ glazed cherry and put toothpick through the three.

SAUSAGE AND GHERKIN

Cut thin slices of pork sausages, remove skin. Place 1 gherkin or pickled onion on each, roll up and skewer with toothpicks. Place on savoury dish and garnish with parsley and curled celery.

CELERY SAVOURIES

Quarter lb. butter, pinch cayenne pepper, $\frac{1}{2}$ lb. cheese, chopped up onion. Melt and boil slowly. Cut celery into short pieces and fill with mixture.

POTTED STEAK

Two lb. steak (skirt), 2 tablespoons Worcestershire sauce, $\frac{1}{2}$ grated nutmeg, $\frac{1}{4}$ lb. butter, 1 teaspoon black pepper, $\frac{1}{2}$ teaspoon cayenne pepper, 2 teaspoons salt.

Method: Cut into squares and put into jar or jug with other ingredients in a saucepan of boiling water and simmer 6 hours, renewing water when necessary. Take meat out of jar and put through mincer mixing well with other ingredients.

BACON SAVOURIES

Cases: Four oz. butter, 6 oz. self-raising flour, 1 egg. Rub butter into flour, bind with egg. Roll out thinly and line paper containers or patty tins.

Filling: Half lb. bacon, 1 small onion, 1 egg, a little parsley, a little carrot. Put bacon, onion and carrot through mincer, chop parsley finely. Bind all with egg.

Put in cases and bake in moderate oven.

KIDNEY PASTE FOR SANDWICHES OR SAVOURIES

Two sheep's kidneys, $\frac{1}{2}$ cup plain flour, 1 tablespoon curry powder, 1 cup of milk, 1 small dessertspoon finely chopped onion.

Method.—Skin kidneys and chop very finely adding curry and flour as you chop until all is absorbed. Mix in the finely chopped onion until the whole is fairly thick, then place in a small saucepan with the cold milk and stir well. Cook very slowly, stirring frequently until the mixture thickens well. It takes about an hour and must not boil. Nice also on toast with bacon for a breakfast dish.

DEVILLED ALMONDS

Blanch required quantity. Place butter in pan and allow to heat. Throw in almonds and brown, and sprinkle well with salt and cayenne. Keep in airtight jar.

ASPARAGUS ROLLS

Tin asparagus tips, bread and butter, mayonnaise. Take sandwich loaf and cut bread lengthwise, thinly. Cut off crusts and spread with butter and mayonnaise. Place piece asparagus on each slice, season and roll up.

SAVOURY PUFFS

Sift 2 oz. flour and pinch salt. Boil 1 oz. butter and $\frac{1}{2}$ gill water and add flour. Beat till smooth and cool, then add 2 well-beaten eggs. Place small teaspoon mixture on wet tray and bake in hot oven, 15 to 20 minutes. Do not open oven for 7 minutes.

Filling: Diced lobster or crayfish, little lemon juice, salt, pepper and cayenne. Bind together with white sauce or mayonnaise. Garnish with lettuce and parsley and slices lemon. Oysters or white bait may be used if liked.

SANDWICH FILLINGS

Minced chicken and mayonnaise and little cream.

Cream cheese and minced tongue with mustard.

Minced ham, vegemite and celery salt.

Minced lobster and mayonnaise.

Cream cheese and chopped chives. Hard-boiled egg, mashed with horseradish and meat extract.

Lamb's brains and mayonnaise.

Grated cheese and chutney.

Cucumber, salmon and sliced egg.

Crab, egg and mayonnaise.

Minced tongue and gherkins.

Cheese, mustard and minced olives.

Tomato, well seasoned, and onion.

Creamed brains and walnuts.

Egg and chopped pickles.

Cucumber, sardines and lemon juice.

Minced celery, almonds and mayonnaise.

Anchovy paste, egg and cress.

Grated cheese and marmite.

Pounded minced corn beef, parsley, mustard and sauce.

EASTERN CHEESE BALLS

Four oz. (1 teacup) self-raising flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon curry powder, $\frac{1}{2}$ teaspoon mustard, 2 oz. cocoanut, 3 oz. margarine or butter, 3 oz. grated cheese, 1 egg, 3 tablespoons milk.

Sift flour and salt, curry powder and mustard. Rub in butter, add grated cheese. Beat egg, add milk to it. Mix the dry ingredients with the egg and milk. Drop teaspoonfuls of the mixture into cocoanut, roll into balls. Place on a greased tray allowing about one inch space between each ball. Bake in a moderate oven 10 to 15 minutes. Serve hot. It not required at once the balls can be reheated.

OYSTER COCKTAIL

Half cup tomato sauce, juice 1 lemon strained, dash paprika, salt to taste, 1 dessertspoon Lee and Perrin's sauce, little olive oil. Garnish with slice of lemon served on side of each glass. Enough for 6.

OYSTERS IN SCALLOP SHELLS

Two dozen oysters, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{2}$ lb. small mushrooms, 3 tablespoons chopped parsley, $\frac{1}{2}$ cup dry white wine, 2 tablespoons water, fine breadcrumbs, salt, pepper.

Open the oysters over a saucepan in order to catch the juice. Set the shells aside and simmer (not boil) the oysters in the juice for three minutes. Remove from fire. Wash and stem the mushrooms. Fry lightly with the parsley for three minutes. Stir in the flour and wine, water and the oysters' liquid. Stir until the sauce is smooth. Re-heat the oysters in the sauce. Put 2 or 3 oysters in each oyster shell, cover with breadcrumbs, dot with butter, and place in hot oven for five minutes till crumbs are a nice brown.

MOCK GOOSE

(Filling for Sandwiches)

One packet Kraft cheese and equal quantity of butter, 1 small onion chopped finely, 1 tomato (fresh or bottled), $\frac{1}{2}$ -1 teaspoon of mixed herbs.

Put all ingredients into a double saucepan and cook until all is blended.

BUBBLE BREAD

One lb. flour, 1 cup of water milk, 1 oz. of butter dissolved in milk, a pinch of salt, 1 or 2 oz. of grated cheese.

Mix to a stiff paste and roll out as thin as a wafer, cut into biscuit shapes and bake. Store in air-tight tins.

BACON CRISPS

Cut stale bread into 2 inch square and about $\frac{1}{4}$ inch thick, butter thinly. Place slice of cheese on each, then piece of bacon same size. Toast in oven or griller till bacon is nicely toasted and serve hot.

STUFFED PRUNES

Stone prunes. Fill centres with tomato and cheese paste and serve on croutons of bread fried in butter.

Paste.— $\frac{1}{4}$ lb. grated cheese, salt and cayenne, 3 tablespoons tomato sauce, $\frac{1}{2}$ cup milk, 1 egg yolk. Beat yolk, add milk, tomato sauce, cheese and cayenne. Place in double saucepan and cook till thick.

SELF-RAISING FLOUR

Six lb. flour, $2\frac{1}{2}$ oz. cream of tartar, 1 oz. soda, 1 oz. salt. Sieve twice and put in air tight tin.

MEATS

APPLE SAUCE

Four lb. apples, 2 oz. ground ginger, $\frac{1}{2}$ oz. mixed spice, 1 quart vinegar, 2 lb. sugar, $\frac{1}{4}$ oz cayenne, 4 oz. salt, 2 large onions.

Slice onions finely, put all into pan and cook for 3 hours. This will keep well if bottled.

APPLE STUFFING

Five or 6 apples, 1 oz. butter, 1 lb. bread crumbs, a little water, grating of nutmeg, 2 tablespoons sugar, 1 egg.

Peel and quarter the apples, removing the core. Put them into a lined or earthenware saucepan with the butter and enough water to moisten the bottom of the saucepan. Cook slowly until the apples are tender, but not broken. Add the sugar and nutmeg, allow the fruit to cool, then stir in the breadcrumbs and the egg well beaten. This stuffing is used principally for pork or goose.

CURRIED SAVOURY STEAK

Minced beef, salt and pepper to taste, generous lot of onions cup up fine. Flavor with worcester sauce and as much curry as liked. Stir well. Two or three apples cut up fine and added or $\frac{1}{2}$ packet of seeded raisins. Cook slowly and serve with strips of toast.

CHICKEN MARYLAND

Ingredients: One chicken, small tin sweetcorn, $\frac{1}{2}$ cup white sauce, 3 bananas, $\frac{1}{2}$ lb. green peas, 2 tablespoons stock, 2 tablespoons butter, beaten egg, flour, salt, pepper, breadcrumbs.

Method: Cut the chicken into neat joints, sift a good seasoning of salt and pepper with 2 or 3 tablespoons flour, and dip each joint into this. Melt the butter in a frying pan and fry the chicken till nicely browned on both sides. Place in a casserole, add the stock, cover with a piece of greased paper. Put the lid on the casserole and bake in a moderate oven for 1 to 2 hours, according to the age of the bird. Meanwhile prepare the peas and cook till tender. Drain, keep hot, and add a little butter just before serving. Heat the sweetcorn blended with the white sauce, and keep hot till required. Peel the bananas and cut each in half across, and in half again lengthwise. Dip in seasoned flour, then in beaten egg, and roll in breadcrumbs. Fry till golden brown in a little butter. To serve, remove the chicken carefully from the the casserole, arrange neatly in the centre of a hot dish and garnish with green peas, sweetcorn and fried bananas.

COLD BEEF SALAD

Cold boiled beef sliced thin, 3 hard boiled eggs, French dressing. Place the thin slices of cold beef on a deep platter, cover with slices of hard boiled eggs and pour French dressing over it. This makes a delicious luncheon dish.

French Dressing.—Quarter cup olive oil, a sprig of thyme, 1 tablespoon of vinegar, $\frac{1}{2}$ bay leaf, 1 clove of garlic chopped fine, 2 tablespoons chopped parsley.

Place the ingredients in a shallow dish in which the food is to be marinated. The thyme and bay leaf should be crushed.

Place the meat to be marinated in the platter and spoon the sauce over the meat several times a day. The meat should be turned from time to time. Some meats are marinated as long as 6 days before cooking.

FRENCH VEAL STEW

Two lb. stewing veal cut from breast or leg, 2 tablespoons of flour, 12 small onions, $\frac{1}{2}$ lb. mushrooms, 2 tablespoons of butter, 2 egg yolks, lemon juice, 1 carrot, 1 bay leaf, sprig of rosemary, 2 cups of water or stock.

Combine veal, carrots and onions cut in pieces, also bay leaf and rosemary and water, season with salt and pepper. Bring to a boil and simmer for 20 minutes. Melt butter, add flour, add gradually the strained liquid in which the veal was cooked. Five minutes before serving add lemon juice. Do not let boil after eggs have been added. Taste for seasoning. Garnish with chopped parsley. This will serve 8 people. If mushrooms are out of season, 2 tablespoons of cooked rice make it very nice.

HARICOT CHOPS

One lb. chops, 1 onion, 1 carrot, 1 stalk celery, 1 tablespoon flour, 1 tablespoon chopped parsley, 1 tablespoon clarified fat, $\frac{1}{2}$ cup of water.

Put fat in pan to get hot before putting chops into brown. Fry onions. When almost done put flour in to brown. Put in water a little at a time and boil. Then put chopped celery and carrots in, and let simmer gently. When nearly done add parsley and serve with hot potatoes.

HAMBURGER ROLL

One lb. minced steak, 1 egg, 1 small onion, 1 tablespoon Worcestershire sauce, 4 oz. breadcrumbs, 1 carrot, 1 tablespoon tomato sauce, salt and pepper.

Grate carrot and onion and add to the steak and breadcrumbs. Mix in well beaten egg, and lastly the sauces. Mix well. Turn on to a floured board and form into a sausage shape. Place in hot fat and bake for 1 hour in a slow oven. Baste well. This may be served hot with vegetables and gravy or cold with salad.

MEAT PATTIES

To make a little cold meat go a long way, make a batter of beaten egg, self-raising flour, salt and milk. Stir in minced meat, fry spoonfuls in hot fat. Serve with any left over brown gravy and tomato sauce. A little bacon grilled goes nicely with these meat patties.

SCRAP PATTIES

Beat up an egg, add a quarter cup of milk, then enough self-raising flour to make a thick batter. Add to the batter any kind of cold vegetable such as mashed potato, pumpkin, cauliflower, cabbage, etc., and cold minced meat. Stir well together, and fry in spoonfuls until brown on both sides. (I tried this out with some cold corned beef, adding a minced onion, and it was excellent.)

SEASONINGS FOR POULTRY

Fowl and Veal.—Breadcrumbs, chopped parsley, onion, pepper and salt, lemon rind, little butter and milk.

Ducks, Geese, Pork.—Onions, sage, breadcrumbs, 1 egg, 1 oz butter, salt and pepper.

Boiled Fowl.—Allow 1 to 2 hours, according to age.

Roast Fowl.—Allow 1 to $1\frac{1}{2}$ hours, according to age.

Turkey.—Allow 2 to $2\frac{1}{2}$ hours, according to age.

Duck.—Allow 1 to $1\frac{1}{2}$ hours, according to age.

SPECIAL BRAUN

Two pigs' trotters, knuckle veal, $\frac{1}{2}$ lb. shin beef, 4 bay leaves, 6 cloves, $\frac{1}{2}$ teaspoon peppercorns, $\frac{1}{2}$ teaspoon whole spice, 1 dessertspoon salt, $\frac{1}{2}$ cup vinegar, salt and pepper to taste.

Cover trotters and meat with water, add all seasonings and boil 3 or 4 hours. When cooked remove all meat from bones and chop finely. Strain liquid into basin, add vinegar, salt and pepper, then meat. Return to saucepan and allow to come to boil. Pour into moulds to set.

MEATS AS COOKED

Roast.—Beef, mutton, lamb, pork, veal.

Boil.—Corn beef, mutton, pickled pork, tongues, pigs' cheeks.

Grill.—Steak, chops, cutlets, sausage.

To Fry.—Sausages, cutlets, liver, kidney, chops, brains, sweetbreads.

USE OF COLD MEATS

Half lb. suet crust, 1 cup cold meat, 1 tablespoon tomato sauce, 1 tablespoon milk, 1 egg, $\frac{1}{2}$ cooked onion, pepper and salt to taste, 2 slices of bacon.

Make suet crust, roll into square. Mince meat and onion, add raw egg, milk, sauce, chopped bacon and seasoning. Mix well together. Spread over suet crust, roll up, pinch ends together, and roll the pudding in a

scalded floured cloth. Tie ends tightly and drop into boiling water. Boil 1 hour.

HOW TO VARY A LEG OF MUTTON

Cut off top portion of the leg fairly high up, sawing through the bone. Now remove the bones and stuff with sage and onion seasoning, or as a change a seasoning made of 1 cup breadcrumbs, 2 tablespoons shredded suet, 2 tablespoons chopped parsley, 2 tablespoons chopped raisins, salt and pepper to taste. Bind with an egg or a little milk. Bake for an hour and a half.

Cut two leg chops from the lower portion of the leg, and have for breakfast or make a tiny stew, by dipping them in flour and frying till brown. Add a chopped onion and fry.

Drain away fat and add 1 pint stock and a carrot sliced in rings. Add a teaspoon of salt and a little pepper. Stew gently for $1\frac{1}{2}$ hours or longer. Thicken with 1 tablespoon of flour mixed to a smooth paste with a little water, and cook a few minutes longer.

Boil remaining portion of leg with carrots, onions and turnips. Serve with parsley sauce. By adding some barley and extra vegetables, soup can be made at the same time. Lift out vegetables required with the meat, and afterwards cut the remaining ones into dice and return to soup. Keep soup till next day and skim all fat from the top. Add a little chopped parsley before serving.

HOUSEHOLD HINTS

To remove wrapping from mince meat, immerse in water for a minute or so and it will pull off easily.

When the pipe in the kitchen sink becomes blocked, put into it one tablespoonful of carbonate of soda. Then add two tablespoonsful of vinegar and quickly replace the plug. The gases formed will at once clear the pipe. A little later remove the plug and scour with boiling soda water.

SOAP

Boil 5 lb. of fat and 1 lb. resin for 1 hour in half kerosene tin of water (2 gallons). Take off fire, add 1 lb. caustic soda, a tea spoonful at a time, then 2 tablespoons borax. 1 packet rinsol may be added (shake in slowly). Put on fire and boil for 2 hours. Leave to cool till next day, remove from tin and leave for few days before cutting into blocks.

CAKES**AFTERNOON TEA CAKE**

Two eggs, $1\frac{1}{2}$ cups of sugar, 2 cups of flour, 2 tablespoonsful of butter, 1 cup milk, 2 teaspoonsful baking powder, 1 grated nutmeg.

Beat eggs, mix butter with flour, add sugar and nutmeg and milk, then baking powder, and pour in buttered dish and bake in hot oven for 25 minutes.

BLOWAWAY SPONGE

Beat together for five minutes $\frac{1}{2}$ cup sugar, 3 eggs, then add 1 teaspoon golden syrup; beat for ten minutes. Sift three times the following: 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon carb. soda, 1 tablespoon plain flour, $\frac{1}{2}$ cup cornflour, 1 teaspoon cocoa, 1 teaspoon cinnamon, 1 teaspoon ground ginger. Bake in sandwich tins in moderate oven 8 to 10 minutes.

BUTTERMILK CAKE

One cup butter, 2 eggs, 2 cups buttermilk, nearly 3 cups plain flour, nearly 2 sugar, 1 cup currants, 1 cup sultanas, 2 teaspoons soda dissolved in buttermilk (added to creamed butter and sugar but after egg), 2 teaspoons spice, lemon peel. Moderate oven 1 hour.

BUTTERSCOTCH CAKE

Cream $\frac{1}{2}$ lb. butter, 1 cup sugar, add 2 beaten egg yolks, 1 tablespoon golden syrup, 1 teaspoon vanilla, $\frac{1}{2}$ cup milk. Add $1\frac{1}{2}$ cups self-raising flour sifted with $\frac{1}{2}$ teaspoon cinnamon. Lastly add beaten whites of 2 eggs. Bake in moderate oven 40 to 60 minutes.

BELGIAN TEA BUN

One tablespoon butter, 4 tablespoons sugar, 1 egg, 1 cup self-raising flour, $\frac{1}{2}$ cup milk.

Method: Beat butter and sugar to a cream, add beaten egg, milk and flour. Pour into a well buttered sandwich tin, then put thin slices of apple, nutmeg or cinnamon. Sugar over the top and bake in moderate oven.

BELGIAN CAKE WITH YEAST

One and a quarter lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, nutmeg or other flavouring, 1 egg, 1 cupful yeast and a little warm milk, sultanas is liked.

Add sugar to flour, then yeast, the well beaten egg and the melted butter and warm milk. Mix to the consistency of an ordinary cake mixture and beat well. The beating helps to make the cake light. Stand in a warm place overnight. In the morning place in a well greased warm, shallow dish and leave in a warm place to rise. When it is ready to be cooked brush the top with melted butter and sprinkle on the following mixture:—Equal quantities of flour and sugar, a little cinnamon, and mix with melted butter until it looks crumbly. Bake in moderate oven for 30 to 40 minutes.

CHECK CAKE

Half lb. butter and $\frac{1}{2}$ lb. sugar creamed, 6 eggs, essence of lemon, 1 lb. flour, 2 level teaspoons cream of tartar, 1 level teaspoon soda, 1 cup milk, $\frac{1}{2}$ teaspoon cochineal.

Brown Mixture: Quarter lb. butter, 6 oz. sugar, 3 eggs, 7 oz. flour, 1 oz. cocoa, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ cup milk.

ROSELS COCOA CAKE

Quarter lb. butter and 1 cup castor sugar creamed, 1 cup flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar sifted, 2 large tablespoons cocoa, mix with boiling water to a cream, 4 egg beaten. Add eggs to butter mixture, then cocoa, lastly flour. Cook in sandwich tins.

COFFEE SPONGE

Four eggs, 1 cup self-raising flour, 1 cup sugar. Put on stove and make hot 2 tablespoons hot water, 1 tablespoon milk, 1 tablespoon butter and add 1 tablespoon coffee essence.

Beat egg whites, add sugar, and beat till thick, add yolks and beat in. Stir in self-raising flour, then add coffee mixture. Bake in sandwich tins in moderate oven 20 minutes.

CHOCOLATE NUT CAKE

Three eggs well beaten, 1 small cup sugar, 3 tablespoons butter, little milk, 1 small cup self-raising flour, 3 teaspoons cocoa, $\frac{1}{2}$ teaspoon spice, $\frac{1}{2}$ lb. chopped walnuts, vanilla.

Beat butter and sugar to cream, add well beaten egg, then milk, cocoa, vanilla, spice, flour, nuts. Cook in moderate oven 15-20 minutes in square tin, about 8 in. (Good).

CHOCOLATE SPONGE CAKE

One packet plain sponge mix, 1 tablespoon of cocoa blended with 3 tablespoons milk and brought to the boil, vanilla essence.

Follow the recipe on the back of the packet using the prepared cocoa in place of the milk and adding the vanilla essence with the cocoa. When the cakes are cold put together with whipped cream. Grate chocolate over the cream or sprinkle with chocolate decorettes.

CHOCOLATE LAYER CAKE

Six oz. butter, 6 oz. sugar, 3 eggs, 5 oz. flour, 1 oz. cocoa, $\frac{1}{2}$ teaspoon baking powder, vanilla essence, milk to mix.

Cream butter and sugar and beat in eggs gradually. Sieve flour, cocoa and baking powder and add to creamed ingredients with a few drops of essence and enough milk to give a soft dropping consistency. Bake in 2 sandwich tins about 40 minutes.

CHOCOLATE CAKE

One cup brown sugar, $\frac{1}{2}$ lb. butter, 1 teaspoon vanilla, 2 eggs, 3 oz. unsweetened melted chocolate, 2 cups plain flour, $\frac{1}{2}$ teaspoon carb. soda, 1 teaspoon cream of tartar, $\frac{1}{2}$ cup milk.

Method.—Cream shortening, sugar, vanilla until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in melted chocolate and mix in well. Fold in sifted dry ingredients, alternately beat with the milk. Bake in a very slow oven for $\frac{3}{4}$ to 1 hour.

RICH CHOCOLATE CAKE

Four oz. butter, 6 oz. sugar, 2 eggs, vanilla, 8 oz. flour $\frac{1}{2}$ oz. cocoa, $\frac{1}{2}$ teaspoons baking powder, pinch salt, about $\frac{1}{2}$ pint milk. 7-inch tin and bake 1-1 $\frac{1}{2}$ hours in moderate oven.

RICH CHOCOLATE CAKE

Two cups flour, 2 cups brown sugar, $\frac{3}{4}$ cup castor sugar, 1 cup butter, 1 teaspoon baking powder, 3 whole eggs, 3 egg yolks, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoons bi-carbonate of soda, 1 teaspoon vanilla essence, 6 oz. unsweetened chocolate, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ teaspoon salt.

Cream the butter and add the sugars gradually, then cream again until light. Add the beaten eggs, mixing well. Then add the flour sifted with the baking powder and salt, alternately with the milk. Add the vanilla essence. Mix the boiling water with the chocolate and bi-carbonate of soda, then add to the batter and mix in thoroughly. Bake in a large deep tin in a moderate oven for one hour. When cold cover with boiled icing and melted chocolate.

CHOCOLATE LOG CAKE

Three eggs, 1 cup sugar, 1 cup self-raising flour, 1 dessertspoon cocoa, 1 teaspoon cinnamon, 2 tablespoons butter, $\frac{1}{2}$ cup water.

Beat eggs and sugar, add flour, cocoa and cinnamon sifted together, then butter and water boiled together. Bake in moderate oven 20 to 25 minutes.

NEVER FAIL CHOCOLATE CAKE

Two eggs, $\frac{1}{2}$ cup butter, 2 cups sugar (scant), 1 small teaspoon salt, $\frac{1}{2}$ cup sour milk, 1 teaspoon baking powder, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ cup cocoa, 2 $\frac{1}{2}$ cups plain flour.

Beat the butter and sugar to a cream. Add eggs and beat well. Add the cocoa which has had the boiling water and salt added to it. Mix well. Dissolve the soda in the milk and add. Finally put in the flour and baking powder, sifted together. Bake in a moderate oven till cake comes away from sides of pan. Add a small amount of lemon juice or vinegar to make milk sour.

CHRISTMAS CAKE

One and a half lb. sugar, 1 $\frac{1}{2}$ lb. butter, 12 eggs one at a time, 1 lb. sultanas, $\frac{3}{4}$ lb. mixed peel, $\frac{1}{2}$ cup chopped nuts, 1 lb. raisins, 1 lb. currants, $\frac{1}{2}$ lb. cherries, $\frac{1}{2}$ cup brandy, 1 cup milk, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ packet mixed spice, 1 teaspoon cocoa, 1 teaspoon ginger.

CHRISTMAS CAKE

One lb. plain flour, $\frac{1}{2}$ lb. self-raising flour, 1 teaspoon spice, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, 1 lb. butter, 1 lb. sugar, 8 eggs, 1 $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. mixed peel, $\frac{1}{2}$ lb. dates, 4 oz. cherries, 2 oz. almonds. Cream butter and sugar, add eggs, then some flour and some fruit. Then add 1 tablespoon treacle, 1 tablespoon brandy.

JULIA'S XMAS CAKE

Two breakfastcups butter, 2 breakfastcups sugar creamed, 5 breakfastcups flour, 2 breakfastcups currants, 2 breakfastcups sultanas, $\frac{1}{2}$ cup cherries, 1 cup almonds, 10 eggs, juice 2 lemons, $\frac{1}{2}$ teaspoon salt, 10 pieces candied peel, 1 egg, more if no lemons.

McALPIN'S XMAS CAKE

One and a quarter teacups self-raising flour, 2 $\frac{1}{2}$ teacups plain flour, 12 oz. butter, 2 cups castor sugar, 6 eggs one at a time, 2 oz. cherries, 2 oz. figs, 6 oz. raisins, 4 oz. almonds, 1 lb. sultanas, 1 lb. currants, 2 oz. peel, 4 drops of vanilla, lemon, almonds essence, 4 tablespoons brandy, sherry, lemon or orange juice.

Mix fruit well into the flour and add to creamed butter and eggs. Add liquids last.

CINNAMON CAKE

Quarter lb. butter, 1 cup sugar (creamed), 3 eggs, $\frac{1}{2}$ cup milk. Sift in 1 $\frac{1}{2}$ cups self-raising flour, 2 teaspoons cinnamon. Bake in moderate oven.

DELICIOUS CINNAMON CAKE

Half cup butter, 1 cup sugar, $\frac{3}{4}$ cup chopped walnuts, 2 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon cinnamon and 1 cup self-raising flour.

Method: Cream butter and sugar well, add beaten eggs and dry ingredients. Bake $\frac{3}{4}$ to 1 hour in moderate oven.

COCOANUT GINGERBREAD

Cream $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, add 2 eggs and beat together. Dissolve 1 teaspoon soda bicarb. Mix in $\frac{1}{2}$ cup treacle, add to mixture 1 teaspoon ginger and 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt, 1 $\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup cold water, 1 cup cocoanut. Few dates may be added. Cook 40 minutes.

COCOANUT TARTS

Six oz. flour, 4 oz. butter, 2 tablespoons water and squeeze lemon juice. Rub butter into flour and mix with water to form a pastry. Line paper containers and put a teaspoon of the following mixture in each:—

Filling: Half cup sugar, 1 egg, $\frac{1}{2}$ cup cocoanut, 1 tablespoon butter, pinch salt. 15 min. in fairly hot oven.

CREAM CAKE

Basic Recipe for Many Things.—Break 2 eggs into a cup and fill with cream. Add $\frac{3}{4}$ cup sugar and pinch of salt. Beat for a little while, then add 1 cup self-raising flour or 1 cup plain flour with $\frac{1}{2}$ teaspoon soda and 1 of cream of tartar.

Bake 20 minutes. Is good in ring tin or long narrow tin and iced with chocolate icing and sprinkled with cocoanut.

Baked in a flat, square tin, it makes 25 lamingtons. Also good for patty tin to make snowballs, butterflies, etc.

CREAM CAKE

Two cups self-raising flour, 1 $\frac{1}{2}$ cups sugar, 1 $\frac{1}{2}$ cups cream, 3 eggs, pinch salt, 1 teaspoon vanilla.

Beat eggs and sugar (as for above sponge), then add cream, lastly flour, salt and 1 teaspoon vanilla. Bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour in a baking dish in a moderate oven. Ice with orange or any other flavoured icing. Can be also made into lamingtons.

DOLLY VARDEN CAKE

Eight oz. self-raising flour, 3 eggs, $\frac{1}{2}$ teacup currants, pinch salt, 1 teacup milk, 1 $\frac{1}{2}$ teaspoons cinnamon, 4 oz. butter, 1 tablespoon golden syrup, 1 teaspoon mixed spice, 6 oz. castor sugar, $\frac{1}{2}$ teacup chopped raisins.

Beat butter and sugar to a cream, add eggs one at a time, beating in well. Mix in sifted flour and salt alternatively with milk. Place half the mixture in a greased 7-inch sandwich tin lined with paper. Add to the remaining mixture golden syrup, raisins, currants, cinnamon and mixed spice, mixing in lightly but well. Place in prepared 7-inch sandwich tin. Bake in a moderate oven 15 to 20 minutes. When cold join together with jam, placing the light half on top. Ice with butter icing.

DELICIOUS CAKE

Beat $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, add 3 well beaten eggs, add $\frac{1}{2}$ cup milk. Mix $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoon soda and 1 teaspoon of cream of tartar, vanilla or essence of lemon. 10-inch tin, quick oven, about $\frac{1}{2}$ hour.

EGGLESS TUTTI FRUITTI CAKE

Four oz. butter, 4 oz. sugar, 2 tablespoons golden syrup, 1 teaspoon vanilla, 2 cups plain flour, 4 tablespoons cocoa, 2 tablespoons cocoanut, 4 teaspoons baking powder, 1 teaspoon carb. soda, $\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ cup chopped dates, $\frac{1}{2}$ cup mixed fruit.

Cream butter, sugar, syrup and vanilla. Sift dry ingredients three times and fold in alternately with milk, then add chopped nuts and fruit. Grease square cake tin and bake in moderate oven 30 to 40 minutes. When cool, ice with chocolate icing and sprinkle with chopped nuts, or decorate with walnuts and raisins.

SOLDIERS' TIN FRUIT CAKE

Six oz. butter, 6 oz. castor sugar, 3 eggs, 6 oz. plain flour, $\frac{1}{2}$ oz. self-raising flour, $\frac{1}{2}$ teaspoon salt, nutmeg, spice and cinnamon, 8 oz. sultanas, 4 oz. dates, 2 oz. peel, 6 oz. raisins, 6 oz. currants, $\frac{1}{2}$ dessertspoon treacle, 1 tablespoon brandy, $\frac{1}{2}$ teaspoon soda dissolved in 1 tablespoon boiling water. Bake three hours.

BOILED FRUIT CAKE

Two oz. lemon peel, 1 cup sugar, 1 cup raisins, 1 cup sultanas, 1 cup currants, $\frac{1}{2}$ lb. butter, 1 cup water and milk mixed, 1 teaspoon soda.

Bring these to boil and boil for 5 minutes. When cold add 1 egg, spice and nuts, 1 cup self-raising flour, 1 cup plain flour. Bake one hour and do not open oven for half an hour.

FRUIT CAKE

One and a quarter lb. plain flour, 8 eggs, 1 lb. raisins, 1 lb. sultanas, 1 lb. butter, 1 lb. sugar, $\frac{1}{2}$ lb. almonds, 1 teaspoon cream of tartar, 1 teaspoon carb. of soda.

Beat butter and sugar to a cream, add eggs one at a time, beating all the time. Then add fruit, then flour sifted with cream of tartar and soda. Bake $2\frac{1}{2}$ to 3 hours.

EGGLESS FRUIT CAKE

Take $2\frac{1}{2}$ cups of hot stewed apple unsweetened and fairly dry. Add 2 cups of sugar and $\frac{1}{2}$ cup of butter. Stir until well mixed. Allow to cool, then add 3 cups of plain flour to which has been added 4 level teaspoons bicarbonate of soda, 1 teaspoonful of cinnamon and 1 teaspoonful of spice. Then put in 1 lb. of mixed fruit. Bake in moderate oven. The time needed depends on size of the dish.

FRUIT COFFEE CAKE

Eight oz. (2 teacups) self-raising flour, 4 oz. butter, 4 oz. brown sugar, pinch of salt, 2 eggs, 6 oz. sultanas, 3 tablespoons milk coffee, 6 oz. sifted icing sugar.

Sift flour and salt. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with coffee and sultanas. Turn into a greased 8-inch square tin lined on bottom with paper. Bake in a moderate oven 40 to 45 minutes. Blend the icing sugar with water, making a spreading consistency. Colour a small quantity of it brown with coffee essence. Cover the top of the cake with the white icing. Pipe a decoration of crosses with the brown icing or sprinkle the white icing with cinnamon.

GINGER SPONGE
(This One is Beautiful)

Beat 3 eggs, $\frac{1}{2}$ cup sugar for 20 minutes, then add $\frac{1}{2}$ cup arrowroot, 2 teaspoons plain flour, 1 teaspoon ginger, 1 teaspoon cocoa, 1 teaspoon cinnamon, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, 1 tablespoon golden syrup lastly. Cook in moderate oven about $\frac{1}{2}$ hour.

GINGERBREAD

One cup sugar, $\frac{1}{2}$ lb. butter, 2 eggs, 2 cups flour, pinch salt, $\frac{1}{2}$ cup milk, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon spice, $\frac{1}{2}$ cup golden syrup (heated), 1 teaspoon soda.

Cream butter and sugar, add eggs, syrup, flour, spices, then add soda dissolved in milk. Bake in square tin, about 8 in., in moderate oven for 40-50 minutes. (Highly recommended).

GINGER SANDWICH

Cream 1 tablespoon butter, $\frac{1}{2}$ cup sugar, beat in one egg, add $\frac{1}{2}$ cup treacle, $\frac{1}{2}$ cup milk. Mix $1\frac{1}{2}$ cups flour, 2 teaspoons ginger, 2 teaspoons cinnamon together and add last 1 teaspoon soda dissolved in little boiling water. Bake in moderate oven 15-20 minutes.

GINGER FLUFF

Four eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cornflour, 2 heaped dessertspoons flour, 1 teaspoon each of ginger, cinnamon, cream of tartar, $\frac{1}{2}$ teaspoon of carb. of soda, 1 tablespoon golden syrup.

Beat eggs and sugar (I usually beat whites until stiff, then add sugar gradually—then yolks), then dry ingredients (which have been sifted 3 times), lastly golden syrup (warmed). Bake in moderate oven for 20 minutes.

GINGER FLUFF

Four eggs, $\frac{1}{2}$ cup sugar, 2 dessertspoons flour, $\frac{1}{2}$ cup arrowroot, 2 teaspoons cocoa, 2 teaspoons cinnamon, 1 teaspoon ginger, 1 teaspoon baking powder. Beat eggs and sugar, add golden syrup then flour and spices.

GINGER FLUFF

Beat for 20 minutes 4 eggs with $\frac{1}{2}$ cup sugar, then sift twice and add $\frac{1}{2}$ cup arrowroot or cornflour, 2 dessertspoons flour, 2 teaspoons ground ginger, 2 teaspoons cinnamon, 1 teaspoon cocoa, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon carbonate soda. Mix all together and lastly add 1 dessertspoon golden syrup. Bake in sandwich tins 15 to 20 minutes in an oven that is not too hot. Fill with cream. If electric beater used the mixture takes less than 20 minutes.

GINGER SPONGE

Four eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup arrowroot, 2 heaped dessertspoons of plain flour, $\frac{1}{2}$ teaspoon bicarb. soda, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon ground ginger, 1 teaspoon ground cinnamon, 2 heaped teaspoons cocoa.

Directions: Sift all dry ingredients twice, beat eggs well, add sugar, beat again, add dry ingredients, and lastly one dessertspoon of treacle or golden syrup. When cooked fill with cream. Excellent.

"COMO" GINGER SPONGE

Three oz. butter and 1 small cup sugar creamed, add 2 eggs, $\frac{1}{2}$ cup golden syrup blended in $\frac{1}{2}$ cup milk. Sift together $1\frac{1}{2}$ large cups flour, 1 teaspoon ground ginger, $1\frac{1}{2}$ teaspoons mixed spice, 1 teaspoon soda, pinch of salt.

GINGER SPONGE

Two oz. butter, 2 eggs, 1 small cup sugar, $\frac{1}{2}$ cup treacle, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup milk, a little grated nutmeg, 1 teaspoon ginger, 1 teaspoon spice, 1 teaspoon carb. soda. Beat butter and sugar, add eggs and treacle, and milk, then dry ingredients. Bake in moderate oven for 25 minutes.

MOIST GINGER CAKE (LARGE)

Three cups flour, $\frac{1}{2}$ lb. butter, 1 cup sugar, 2 eggs, 1 cup treacle or golden syrup, 1 cup milk, 1 teaspoon cinnamon, 1 tablespoon ginger, 2 teaspoons soda, $\frac{1}{2}$ cup boiling water. Beat butter and sugar to cream, add eggs (beaten), then syrup and milk, then the dry ingredients (mixed together), lastly the soda mixed in the boiling water. Bake in a meat dish in a moderate oven 1 hour.

GALLIPOLI TEA CAKES

Three cups flour, 1 cup sugar, 2 eggs, 1 tablespoonful of butter, $1\frac{1}{2}$ cups of milk, 1 teaspoonful of soda, 2 teaspoonfuls cream of tartar, 1 teaspoonful of salt.

Beat butter and sugar to a cream, add eggs, milk and other ingredients; put in a large, shallow tin and bake 1 hour. Before baking, rub together $\frac{1}{2}$ cup of flour, $\frac{1}{2}$ cup of sugar, 2 oz. of butter, and a little cinnamon; sprinkle over top of cake; put in a large, shallow tin, and bake 1 hour.

GOLDEN CREAM SPONGE

Half cup sugar, $\frac{1}{2}$ cup cornflour, 1 teaspoon each of plain flour, cocoa, ginger, cream of tartar, $\frac{1}{2}$ teaspoon of soda, 3 eggs, and 1 dessertspoon golden syrup.

Beat eggs well, add sugar, then flour and lastly stir in warmed golden syrup. Bake 15 minutes in moderate oven.

GOOD CAKE

Two small cups sugar, 1 cup butter, 5 eggs, 3 large cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, pinch salt, 1 small cup milk, sultanas and currants to taste.

GOLDEN SYRUP SPONGE CAKE

One tablespoon golden syrup, 1 tablespoon butter, 4 tablespoons milk (put in pan to warm), $\frac{1}{2}$ cup sugar, 1 cup flour, 1 teaspoon baking powder, 2 eggs.

Beat sugar and eggs well together, sift in flour with baking powder. Lastly add warm ingredients. Bake in moderate oven for about 30 minutes.

HEDGE HOG CAKE

One lb. Marie biscuits, 6 oz. butter, 6 oz. sugar, 2 tablespoons cocoa, 2 teaspoons vanilla, 2 eggs.

Method: Boll butter, sugar, cocoa and vanilla. Add beaten egg, just boil. Add to broken biscuits. Grease a flat tin with butter. Pour mixture in and press flat. Sprinkle with cocoanut and allow to cool.

HONEY ROLL (SPONGE)

Three eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup arrowroot or cornflour, 2 teaspoons flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon of bi-carbonate of soda, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon spice, 1 tablespoon honey. Beat eggs, add sugar. Sift all dry ingredients. Mix honey in last. Cook in swiss roll tin or sponge tins 15 to 20 minutes. Spread with cream.

JAZZ RING CAKE

Cream $\frac{1}{2}$ lb. butter, 1 cup sugar, add 2 beaten eggs, $\frac{1}{2}$ cup milk, then $1\frac{1}{2}$ cups self-raising flour, pinch salt. Divide into three parts—yellow, pink and chocolate—and add 1 teaspoon cocoa to make brown. Pour in layers and on top put 15 stoned dates filled with walnuts. Ice with chocolate icing and decorate with walnuts. Can be made without dates and walnuts.

LUNCH CAKE

Eight oz. self-raising flour, pinch of salt, 6 oz. castor sugar, 3 oz. butter or margarine, 2 eggs, 3 tablespoons milk, grated rind and juice of half lemon or orange.

Sift flour and salt, add sugar and grated lemon or orange rind. Mix into a batter with the eggs and milk. Melt butter or margarine and beat it into the batter. Continue beating for five to seven minutes. Place in greased 7-inch tin lined on the bottom with paper. Smooth the surface and cover with the topping. Bake in a moderate oven three-quarters to one hour.

The Topping: Two tablespoons self-raising flour, 2 tablespoons brown sugar, 1 dessertspoon cinnamon, 1 tablespoon butter. Rub ingredients together and sprinkle over mixture.

MEN'S LUNCH CAKE

One cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 cup milk, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar and 1 cup sultanas.

Beat butter and sugar to a cream, add beaten eggs, then milk, and lastly the flour and sultanas. 370 to 400 degrees electric oven or moderate.

MARBLE CAKE

Ten oz. self-raising flour, pinch salt, 5 oz. butter or margarine, 6 oz. sugar, 3 small eggs, 1 teacup milk, 1 teaspoon lemon juice, flavouring.

Beat butter, sugar and lemon juice to a cream, add eggs one at a time, beating in well. Mix in salt and sifted flour alternatively with milk. Divide the mixture into 3 basins. Color one pink and flavour with raspberry, color one brown by adding 1 dessertspoon cocoa blended with boiling water and flavoured with vanilla. The third, flavour with lemon. Put into prepared tin in spoonfuls of various colors. Stir mixture round once or twice with a knife. Bake in moderate oven 1 hour.

NUT CAKE

Two small cups self-raising flour, $\frac{1}{2}$ cup milk, 1 cup sugar, $\frac{1}{2}$ lb. butter, 2 eggs. Cream butter and sugar, add well beaten eggs, then flour and milk. Sprinkle chopped almonds on top and cook 30 to 40 minutes in a moderate oven.

ORANGE CAKE

Quarter lb. butter, $\frac{1}{2}$ lb. sugar, 3 eggs, orange rind grated, 1 cup milk, 10 oz. flour, 2 level teaspoons cream of tartar, 1 level teaspoon carb. soda, salt.

Cream butter and sugar well, add eggs slowly and beat well. Grate orange rind and add, then sifted flour and lastly milk. Bake in moderate oven.

ORANGE CAKE

Quarter lb. butter, 3 eggs, about one-third cup milk, 1 cup sugar, $1\frac{1}{2}$ cups self-raising flour, $\frac{1}{2}$ an orange.

Cream butter and sugar, and add eggs one at a time. Add flour and grated rind of orange, lastly milk. Moderate oven, about 40 minutes. Icing made with juice of the orange.

ORANGE CAKE

Quarter lb. butter, 1 cup sugar (creamed), 4 eggs well beaten, 10 oz. self-raising flour, rind and juice of an orange, $\frac{1}{2}$ cup milk. Lastly add the milk and orange juice. Cook in sandwich tins or a big dish.

ORANGE CAKE

Quarter lb. butter, $\frac{1}{2}$ cup sugar, 1 cup self-raising flour, 1 dessertspoon cornflour, 2 eggs, 2 tablespoons milk, rind, and 2 tablespoons orange juice.

Method: Cream butter and sugar, then add well beaten eggs, then milk, lastly flour and orange rind and juice. Bake in oblong tin 30 to 40 minutes.

PAVLOVA CAKE

Four egg whites, 4 tablespoons castor sugar, 1 tablespoon ordinary sugar, 1 teaspoon vinegar, 1 small teaspoon vanilla essence. Beat eggs very stiffy gradually adding the mixed sugar, add vinegar and vanilla. Cook in a cool oven until thoroughly dried out.

To prepare tin: Grease a flat tin, then grease a sheet of grease proof paper the same size, run the paper under the cold water tap, then place it on the tin.

PASSIONFRUIT SHORTCAKE

One and a half cups flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ cup sugar, 1 egg.

Rub butter into flour, add sugar, then beaten egg. Press into round, flat tin and roughen top with fork. When cool slice through middle and fill with passionfruit icing.

PASSIONFRUIT SHORT CAKE

Quarter lb. butter, 3 tablespoons sugar, 1 egg, $\frac{1}{2}$ lb. self-raising flour, $\frac{1}{2}$ lb. flour, salt.

Cream butter and sugar, add beaten egg, then sifted flour. Spread into a sandwich tin and rough up top with a fork. Bake in a moderately slow oven for $\frac{1}{2}$ hour.

Filling.—One cup icing sugar, 1 tablespoon butter. Cream well and add pulp of one or two passion fruit. When short cake is cold cut through the middle and put in the filling.

POUND CAKE

One lb. butter, 1 lb. sugar, 10 eggs, $\frac{1}{2}$ teaspoon essence lemon, $\frac{1}{2}$ teaspoon vanilla, 1 tablespoon cold water, 2 oz. shredded peel, 1 lb. plain flour (exact, add 2 level tablespoons over), $\frac{1}{2}$ lb. self-raising flour, 4 oz. sultanas, 2 oz. chopped raisins, 4 oz. currants, 2 oz. cherries cut, 2 oz. chopped almonds.

Method: Prepare fruit, if desired 1 lb. of mixed fruit may be used (free of sugar). Just beat eggs till well broken up. Cream butter, sugar and essence, add little egg at a time, add 1 tablespoon flour with each lot of egg till all egg is used, then add about quarter of remaining flour; add fruit and remaining flour. Lastly cold water and mix all well together. Bake in moderate oven $3\frac{1}{2}$ to 4 hours.

TRUDY'S POUND CAKE

One lb. butter and 1 lb. sugar creamed, 10 eggs one at a time, 1 lb. flour, 2 teaspoons baking powder, 1 teaspoon spice, 2 teaspoons cinnamon, pinch salt, 1 lb. sultanas, 1 lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. lemon peel, 4 tablespoons rum, 1 teaspoon lemon essence, 1 teaspoon vanilla.

About three hours to bake.

RAINBOW CAKE

One cup butter, $1\frac{1}{2}$ cups sugar, 4 eggs, 4 cups flour, 4 teaspoons cream of tartar, 2 teaspoons soda, 1 cup milk. Make into three colors.

RUSSIAN CAKE

Six oz. butter, 6 oz. sugar, 5 eggs, 4 oz. walnuts, 4 oz. preserved ginger, 8 oz. flour, 1 teaspoon soda, 2 teaspoons cream of tartar.

Beat butter and sugar to a cream (beat well), add eggs (also well beaten). Then add flour and rising, lastly ginger and nuts finely chopped. If too stiff add a little milk. Bake in sandwich tins for 25 to 30 minutes in moderate oven.

I usually ice each half and sprinkle with chopped walnuts or almonds. This is a particularly nice cake, and worthy of recommendation.

SHORTBREAD TARTS

Eight oz. butter and 6 oz. castor sugar creamed, 2 cups flour, 4 oz. ground rice, 1 teaspoon baking powder, 2 oz. maizena, 2 eggs. Cook in patty tins. Fill with black currant jam.

SPICE DATE CAKE

Six oz. self-raising flour, 2 oz. plain flour, pinch of salt, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon mixed spice, 4 oz. margarine, 5 oz. sugar, 2 eggs, 3 tablespoons milk, 1 dessertspoon coffee essence, 4 oz. dates cut small.

Sift flour, salt and spices. Cream margarine and sugar, beat in eggs one at a time. Mix in sifted ingredients, alternately with milk and coffee essence. Lastly, mix in the dates. Place mixture in a greased tin lined on bottom with paper. Bake in a moderate oven 45 to 50 minutes.

SUN SULTANA CAKE

One lb. butter and 1 lb. sugar creamed, 3 eggs, $\frac{1}{2}$ cup milk, 2 good cups flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, pinch salt, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. mixed fruit, 2 oz. lemon peel, essence of lemon, 2 oz. cherries cut up. Blanch 2 oz. almonds and sprinkle on top. Bake in 7 in. tin two hours or more.

SPONGE, WITHOUT RISING

Five eggs, 1 cup plain flour, 1 cup sugar.

Method.—Separate yolks and whites of eggs. Beat whites till stiff, beat yolks and add to whites. Beat together and gradually add sugar. Beat well, add flour which has been sifted three times. Bake in a moderate oven 15 to 20 minutes. This makes a beautiful sponge.

SWISS ROLL

One packed sponge mixture.

Method: As directed on packet, prepare plain sponge mixture from the mixture on the packet. Place two-thirds of the mixture in a greased Swiss roll tin lined on the bottom with paper. Bake in a moderately hot oven 10 to 12 minutes. Turn on to a clean cloth. Remove the paper. Spread with thin warm jam. Cut off the crisp edges and roll up. Dust with fine sugar. Wrap in paper and cool on cake wire.

SWISS ROLL

Four eggs, 1 cup self-raising flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup sugar, 2 tablespoons milk, 2 tablespoons water, 2 dessertspoons butter.

Method.—Beat eggs and sugar, add flour, baking powder. Bring milk and butter to boil, then add to mixture. Bake about 15 minutes in a slow oven in a 10 x 12 Swiss roll tin. Have a damp cloth ready. Turn the cake out while still hot on to cloth, roll it up carefully. Leave for three minutes, then unroll. Spread with raspberry jam. Roll up again quickly while cake is still warm. Dust outside surface with icing sugar.

SULTANA CAKE

Two and a quarter lb flour, $1\frac{1}{2}$ lb. sugar, $1\frac{1}{2}$ lb. butter, $1\frac{1}{2}$ lb. sultanas, 9 eggs, 4 oz. peel, 3 oz. almonds, 3 teaspoons baking powder.

Cream butter and sugar, add eggs one at a time, then flour and baking powder and milk alternately and lastly sultanas and almonds. This mixture makes 3 cakes.

CHERRY CAKES

Cream $\frac{1}{2}$ cup butter and $\frac{1}{2}$ cup of sugar, add 2 beaten eggs. Sift $1\frac{1}{2}$ cups flour, 2 teaspoons cream of tartar, 1 teaspoon of soda. Color mixture with a drop of cochineal. Add $\frac{1}{2}$ cup of chopped cherries. Bake in patty tins and ice and decorate with piece of cherry.

WAY GARA CAKE

One cup of butter, 2 cups of sugar, 3 cups of flour, 2 teaspoons cream of tartar, 1 teaspoon of soda, 4 eggs, $\frac{1}{2}$ cup of milk, any flavor. One at a time, flour last.

TEA CAKE

One cup self-raising flour, $\frac{1}{2}$ cup sugar, 1 tablespoon butter, 2 small eggs, $\frac{1}{2}$ cup milk.

Beat butter and sugar to a cream, add eggs, beat well, then add $\frac{1}{2}$ milk and $\frac{1}{2}$ flour, mix well, then add remainder of flour and milk, mix thoroughly. When warm spread top with 2 tablespoons of sugar, 2 tablespoons butter and cinnamon to taste. Bake in orange log tin.

"COMO" SPONGE

Beat 4 eggs and pinch of salt for 5 minutes. Then add 1 cup of sugar and beat 10 minutes. Sift 1 cup of flour, 1 dessertspoon of corn flour, 1 teaspoon cream of tartar, add to eggs and mix in $\frac{1}{2}$ cup of boiling milk, 1 teaspoon butter and $\frac{1}{2}$ teaspoon of soda dissolved in milk. Bake in sandwich tins.

TWELVE MONTHS CAKE

Two lb. flour, 1 lb. butter, $1\frac{1}{2}$ lb. sugar, 12 eggs, 1 packet mixed spice, 2 teaspoons cream of tartar, $\frac{1}{2}$ teaspoon carb. soda, pinch salt, 2 small tablespoons treacle, $\frac{1}{2}$ lb. almonds, 2 lb. sultanas, 1 lb. currants, $\frac{1}{2}$ lb. mixed peel.

Method: Cream butter and sugar, add eggs one at a time, beat well, add treacle, then add flour, etc., and fruit alternately; mix thoroughly. Bake 4 hours. Flavor improves with keeping.

THREE MINUTE SPONGE

One cup flour, $\frac{1}{2}$ cup sugar, 3 eggs, 3 tablespoons milk, 1 tablespoon melted butter, 1 teaspoon soda, 2 tea-

spoons cream of tartar. Put all ingredients into a basin and beat for three minutes. Bake for quarter of an hour.

UPSIDE DOWN CAKE

Quarter lb. butter, 6 oz. sugar, $\frac{1}{2}$ cup milk, 3 eggs, a little more than $\frac{1}{2}$ lb. flour, 1 teaspoon soda, 2 teaspoons cream of tartar, flavouring to taste.

Method: Cream butter and sugar, add eggs well beaten, and lastly milk and sifted flour, cream of tartar and soda alternately. Spread bottom of cake tin with butter and chopped nuts and sprinkle brown sugar over this. Pour in cake mixture. Bake in a moderate oven about 30 minutes. When cooked, turn out immediately and you will find your cake already iced with a candy-like icing.

SEEDS CAKE.

Half cup butter and 1 cup sugar, beaten; 3 eggs beaten separately, $\frac{1}{2}$ cup of milk, 1 cup of flour, $\frac{1}{2}$ cup of cornflour, $1\frac{1}{2}$ teaspoons of cream of tartar and $\frac{1}{2}$ teaspoon of soda. Add seeds.

SHOW POUND CAKE

One lb. butter and 1 lb. sugar creamed, 8 eggs, $\frac{1}{2}$ lb. lemon peel, 2 lb. fruit, $1\frac{1}{2}$ lb. flour.

"COMO" WEDDING CAKE

Two lb. plain flour, 1 packet mixed spice, 2 teaspoons cinnamon, 2 grated nutmegs, 1 teaspoon baking powder all sifted together. Two lb. castor sugar and 2 lb. of butter creamed till soft and white. Four lb. fruit (currants, sultanas, raisins, figs), $\frac{1}{2}$ lb. dates cut up, $\frac{1}{2}$ lb. candied peel, 1 lb. citron peel, 3 or 4 tablespoons brandy, $\frac{1}{2}$ lb. crystallised cherries, $\frac{1}{2}$ lb. angelica, 16 eggs, $\frac{1}{2}$ lb. almonds.

Method: Mix butter and sugar by hand. Beat the eggs separately and add them to butter and sugar and beat all for about 10 minutes. Put flour and fruits and spices in a big dish and mix well into the flour and then add gradually to the egg mixture. Add brandy last and stir very well. Put in grease lined tins and bake $4\frac{1}{2}$ to 5 hours in a slow oven. Put layers of buttered paper on top and put a small tin of cold water in the oven.

PUDDINGS & DESSERTS

ANGELS FOOD

Ingredients.—Two dessertspoons gelatine, 2 cups milk, $\frac{1}{2}$ cup hot water, 4 dessertspoons sugar, 2 eggs, lemon essence.

Method.—Heat milk and sugar and pour into lightly beaten yolks of eggs. Return to fire, bring just to boiling point. Remove from the fire. Leave until cold. Dissolve gelatine in hot water, add to custard. Flavor to taste and stir in stiffly beaten whites of eggs. Pour into a mould. Serve with custard, cream or stewed fruit.

APRICOT SLICE

Eight oz. (2 teacups) self-raising flour, pinch of salt, 5 oz. butter or margarine, 4 oz. castor sugar, 1 egg, 1 cup stewed apricots or dates, $\frac{1}{2}$ cup apricot jam, $\frac{1}{2}$ oz. chopped walnuts.

Sift flour and salt. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients forming a firm dough. Turn on floured board, divide mixture into two. Roll out one piece making an oblong, place on greased tray. Work the edges up a little higher than the centre. Spread the apricots or jam in the cover with the remaining mixture. Brush over with a little syrup from the apricots and sprinkle thickly with walnuts. Bake in a moderate oven 30 to 35 minutes. When cool cut into squares.

TOPPING FOR APPLE PUDDING

One cup wholemeal self-raising and 1 cup self-raising flour mixed with 2 tablespoons of butter.

ROBBIE'S APPLE CRUMBLE

One cup self-raising flour, 1 egg, 2 tablespoons butter, 2 tablespoons sugar. Stew apples and put in pie dish. Put flour and sugar in basin, rub butter in, then add egg (unbeaten).

Mix with fingers till crumbly. Spread over the apples and bake about 20 minutes or till a nice pale color.

FLUFFY APPLE PIE

One and a half lb. apples, 2 oz. sugar, 2 eggs, few cloves, little water.

Stew apples with sugar, cloves and a little water. Prepare the following pastry and line a large pie plate or Swiss roll tin with it. Add the yolks of eggs to the stewed apple and place in the prepared pastry. Bake in a moderately hot oven from 30 to 35 minutes. Whip whites of eggs stiffly, fold in three tablespoons castor sugar. Spread roughly over apple mixture. Return pie to oven to set meringue and colour it slightly.

The Pastry for the Pie:

Four oz. (1 teacup) self-raising flour, 4 oz. (1 teacup) enriched plain flour, $\frac{1}{2}$ teaspoon salt, 5 oz. butter or margarine, 6 tablespoons water, squeeze lemon juice.

Sift flour and salt. Add butter or margarine to flour in pieces the size of a walnut. Mix into a dough with water and lemon juice. Turn on floured board, roll into a square, fold in flour. Roll into an oblong, fold in three. Roll into a square, fold in four. The pastry is now ready to use.

BAKED APPLES IN BATTER

Batter, 2 or 3 juicy apples, 2 tablespoons sugar, 1 teaspoon ground cinnamon, a little butter.

Make the batter and allow it to stand an hour if possible. Grease a Yorkshire pudding tin, and lay the apples thinly sliced at the bottom of it. Sprinkle them with the sugar and ground cinnamon, or grated lemon rind if preferred and, pour the batter over. Lay small pieces of butter here and there on top, and bake in a good oven until well browned and nicely risen. Cut in pieces and serve quickly, sprinkled with sugar.

Electric Ovens: Bake at 450 degrees. Top element off, bottom element low. Time about 30 minutes.

Note: Other kinds of fruit may be used in the same way. Time to bake, 20 to 30 minutes.

APPLE-ANNAS SPONGE

Two cups stewed apple, 2 bananas, grated rind $\frac{1}{2}$ lemon, 1 tablespoon honey.

The Sponge: Four oz. self-raising wholemeal, pinch of salt, 2 oz. butter or margarine, 2 oz. sugar, 1 dessertspoon honey, 1 egg, 5 tablespoons milk.

Sift wholemeal and salt. Cream butter, sugar and honey, beat in egg. Mix in sifted ingredients alternately with milk. Place one cup of stewed apple in a pie dish, cover with sliced bananas and honey, then add the remaining apples. Place in oven until apple is hot, then spread the sponge mixture over the fruit. Bake in a moderate oven 30 to 40 minutes.

BAKED STUFFED APPLES

Six cooking apples, $\frac{1}{2}$ cup brown sugar, 1 cup seeded raisins, 1 teaspoon cinnamon, small lump of butter, and water.

Core and peel apples from top to about half-way down. Mix raisins, sugar, cinnamon and butter together. Stuff centre of each apple, and place in greased baking dish. If any stuffing over, place between spaces of each apple. Pour in enough water to cover bottom of dish and bake slowly till apples are tender and syrup like caramel.

Electric Ovens: Bake at 425 degrees. Top element off, bottom element low. Time, 30-40 minutes.

SOUTHERN STYLE BAKED APPLES

Core and cut into halves six fine apples. Lay in baking dish skin down. Pour over this a syrup made of sugar, water and lemon juice, using about two cups of water, half a cup of sugar and two tablespoons of lemon juice. Bake until tender, being careful not to break. Place these on a serving dish. Fill the centres with apple jelly and pour the liquid from the pan over them. Press a meringue on to the tops of apples; bake in a moderate oven just a few minutes.

Electric Ovens: Bake apples at 400 degrees. Current off. Time about 1 hour.

HOT BUTTERSCOTCH SAUCE.

Half cup brown sugar, $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ teaspoon vanilla, $2\frac{1}{2}$ cups water, 1 tablespoon butter, 1 tablespoon cornflour.

Dissolve white sugar slowly in a saucepan. Add brown sugar, 2 cups water. Mix cornflour with $\frac{1}{2}$ cup water and stir into boiling syrup and simmer for 3 minutes. Stir in the butter and vanilla essence. Serve hot.

CARRINGTON MOULD

Small tin of peaches or pears or apricots, 3 dessertspoons sugar, 1 tablespoon lemon juice, $\frac{1}{2}$ cup milk, vanilla essence, cochineal.

Method.—First layer: Dissolve 2½ dessertspoons gelatine in $\frac{1}{2}$ cup hot water, add 3 dessertspoons sugar, lemon juice and juice from the tin of fruit. Enough water to make 1 pint of liquid. Pour a little into round cake tin. When firm, arrange sliced peaches all over. Pour over enough liquid to cover and leave to set. Place remainder of jelly mixture aside.

Second layer: Dissolve 1½ teaspoons gelatine and $\frac{1}{2}$ cup of hot water and cool. Add to $\frac{1}{2}$ cup of milk, add 1 dessertspoon sugar, vanilla essence to taste. Stir until sugar is dissolved. Pour carefully on to peach layer which should be set.

Third layer: Take jelly remaining from first layer. Re-melt if set and color with cochineal. When cold pour over the milk jelly layer which should be set. When set serve with whipped cream.

BOILED CURRANT PUDDING

Four oz. self-raising flour, 4 oz. plain flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon grated nutmeg, 4 oz. currants, 3 oz. brown sugar, 1 tablespoon treacle, 4 oz. shredded suet, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ level teaspoon bi-carbonate of soda.

Sift flour, salt and nutmeg, rub in suet, then add sugar and currants. Mix into a light dough with milk and treacle. Lastly blend the bi-carbonate of soda with 1 dessertspoon boiling water and stir through the pudding mixture. Turn into a scalded and floured cloth. Tie with tape. Plunge pudding into a large vessel of boiling water and boil slowly for 2 hours.

COTTAGE PUDDING

One and a half cups flour, 2 eggs, $\frac{1}{2}$ cup cream (sour is best), $\frac{1}{2}$ cup sugar, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda.

Beat eggs, cream and sugar for about 2 minutes, then add flour, etc. Bake in hot oven about half an hour. When serving spread with jam and serve with white sauce or cream.

COFFEE PUDDING

Four oz. self-raising flour, pinch of salt, 2 oz. breadcrumbs, 3 oz. brown sugar, 3 oz. butter or margarine, 1 egg, $\frac{1}{2}$ dessertspoons coffee essence, $\frac{1}{2}$ pint milk.

Sift flour and salt, add breadcrumbs. Cream margarine or butter and sugar, beat in egg. Mix in sifted ingredients and crumbs alternately with milk and coffee essence. Turn into a greased basin, cover with greased paper and steam 1 hour. Serve with coffee sauce.

Coffee Sauce

Half pint milk coffee, 1 level dessertspoon cornflour, 1 dessertspoon honey or golden syrup, 1 dessertspoon sugar.

Blend cornflour with a little milk. Heat milk coffee with honey and sugar. Thicken with the blended cornflour.

WHOLEMEAL COCOANUT SLICE

Eight oz. procera self-raising flour, $\frac{1}{2}$ teaspoon salt, 2 oz. castor sugar, 4 oz. butter, 2 eggs, 3 tablespoons water, 6 oz. coarse sugar, 2 oz. cocoanut, 2 oz. flaked oats, raspberry jam.

Sift wholemeal and salt, rub in butter, add sugar and mix into a dough with yolks of eggs and water. Grease a Swiss roll tin and line the bottom with pastry. Spread with a little jam. Mix the whites of eggs, sugar, cocoanut and rolled oats well together. Spread over the pastry and sprinkle with a little cocoanut. Bake in a moderate oven 25 to 30 minutes. Cut in slices before removing from the tin. Serve hot with cream for a sweet or serve cold for afternoon tea.

DUMPLINGS

Two cups self-raising flour, pinch salt, 1 dessertspoon butter, 1 beaten egg, $\frac{1}{2}$ cup milk. Rub butter into sifted flour, add egg to milk to make a dough similar to scones. Put in a saucepan 1 cup sugar, 1 cup water, 2 tablespoons golden syrup. Bring to boil and add small balls of dough. Cook 10 minutes without the lid and then place lid on and cook another five minutes. Serve immediately.

DELICIOUS PUDDING

Two tablespoons butter, 1 small cup sugar, 2 tablespoons self-raising flour, juice and rind of 2 lemons, $\frac{1}{2}$ cups milk, yolks of 2 eggs.

Cream butter and sugar, add flour, rind and juice of lemons, milk and yolks of eggs. Beat whites of eggs stiffly and pour into mixture. Beat well and pour into buttered pldish. Bake 30 to 40 minutes.

DELICIOUS PUDDING

Beat together 1 tablespoon butter, 1 small cup sugar, add 2 tablespoons self-raising flour and juice and rind of 1 lemon, 1 cup milk. Beat white of 2 eggs stiff, beaten yolks of two eggs. Add whites last. Stand in vessel of water to cook in moderate oven.

GOLDEN SYRUP PUDDING

One tablespoon lard, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk, 2 cups self-raising flour, 3 tablespoons golden syrup, 1 egg. Prepare: Grease a basin well, spread with golden syrup.

Method: Cream shortening and sugar. Add well beaten egg gradually, then milk. Fold in well sifted flour. Spread in prepared basin. Cover with greased paper (butter paper). Tie cover with string. Steam gently for 2 hours. Turn out, serve with golden syrup sauce.

Golden Syrup Sauce: Half pint milk, 3 tablespoons golden syrup, rind 1 lemon grated, 1 dessertspoon cornflour. Method: Blend cornflour with little milk. Place the remainder with the lemon rind in saucepan to boil. Add thickening and cook well. Lastly add golden syrup and serve hot with pudding.

STEAMED GINGER PUDDING

Three oz. butter or fat, 2 teaspoons ground ginger, 3 oz. sugar, 1 tablespoon treacle, 6 oz. flour, 1 egg, 1 teaspoon bi-carb. soda, 2 tablespoons milk, pinch salt. Sift flour, soda, salt and ginger. Cream butter and sugar, add beaten egg gradually, then the treacle and milk. Mix in flour lightly. Put into greased basin, cover with greased paper. Steam $1\frac{1}{2}$ hours. Serve with white sauce.

HAWAIIAN FRUIT PIE

Sift $\frac{1}{2}$ cup flour, 1 cup sugar, $\frac{1}{2}$ teaspoon salt. Add slowly 2 cups hot milk and place in double saucepan. Cook till thickened, stirring constantly. Slightly beat 2 egg yolks and pour small quantity of hot mixture over; return all to double saucepan and cook for a few minutes. Add 2 tablespoons butter, 2 tablespoons lemon juice, $\frac{1}{2}$ cups grated pineapple and 1 cup dessicated cocoanut. When cool pour into baked tart shell and top with meringue. Bake in moderate oven for 12-15 minutes.

HONEY FRUIT SPONGE SWEET

One packet plain sponge mix, 2 tablespoons milk, 3 eggs, 2 cups fruit salad flavoured with honey, $\frac{1}{2}$ pint whipped cream.

Prepare sponge mix following the recipe on the packet. Place mixture in two 7-inch greased cake tins. Bake in a moderate oven 20 to 25 minutes. Use one cake for the honey fruit sponge and the other cake may be split and used as a sandwich. To make the sweet, cut a circle from the top of the cake one inch from the edge. Remove some of the centre and fill up with fruit salad.

JAM PUDDING

One and a half cups flour, 1 teaspoon baking powder, 3 tablespoons dripping. Mix with little water to dough. Roll out and put jam between each layer in basin and steam.

STEAMED JAM LAYER PUDDING

Six oz. self-raising flour, 4 oz. plain flour, $\frac{1}{2}$ teaspoon salt, 3 oz. butter or dripping, $\frac{1}{2}$ pint water. Jam as required.

Sift flour and salt, rub in butter or

dripping. Mix into a firm dough with water. Cut off one-third of the pastry, roll out and line a greased basin with this. Spread jam in the pudding. Cut the remaining pastry into six pieces. Roll each piece into a round and place in basin with alternate layers of jam and pastry having the top layer pastry. Cover pudding with greased paper and steam $1\frac{1}{2}$ hours.

WINTER PUDDING—JAM ROLY POLY

Ingredients: Eight oz. flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder, 4 oz. shredded suet, fully $\frac{1}{2}$ pint cold water or fruit juice, jam or fruit (enough for 6 persons).

Method: Sift flour, salt and baking powder into bowl. Lightly rub suet into flour with tips of fingers. Mix to fairly soft dough with water and wooden spoon, roll out dough into oblong strips, 12in. x 8in. x $\frac{1}{2}$ in. thick. Spread jam or fruit, roll up like swiss roll. Wring pudding cloth out of boiling water, sprinkle with flour. Roll up Roly Poly loosely in cloth, tie the ends and place in pan of boiling water. Boil gently for $1\frac{1}{2}$ hours.

LEMON PIE

One cup breadcrumbs, 1 cup milk, 2 eggs, 1 dessertspoon butter, $\frac{1}{2}$ cup sugar, juice and rind of 1 lemon. Mix all together and bake.

THORNBURY LEMON PIE

One cup milk, 1 heaped teaspoon corn flour, $\frac{1}{2}$ cup sugar, 2 eggs, juice and rind of 1 lemon. Mix all together, add lemon last and bring to boil whilst stirring. Make a pie crust and add mixture.

Pastry: One egg, 2 tablespoons butter, 2 tablespoons sugar, a little milk, 1 cup flour, 1 teaspoon baking powder.

JELLIED SNOW

Put $1\frac{1}{2}$ cups boiling water on 1 packet jelly crystals (lemon or pine). In separate basin beat 1 egg and 1 tablespoon sugar until creamy. Stir in 1 cup milk and $\frac{1}{2}$ dozen passionfruit. Pour on to jelly, stir together and allow to set.

MARMALADE PUDDING

Six oz. (1½ teacups) self-raising flour, pinch salt, 2 oz. butter or margarine, 3 oz. sugar, 1½ tablespoons marmalade, 2 eggs, 2 tablespoons milk.

Sift flour and salt. Cream butter or margarine and sugar, beat in eggs gradually. Add marmalade, then mix in sifted ingredients alternately with milk. Turn into a greased basin, cover with greased paper and steam 1½ to 1¾ hours.

MRS. O'BRYAN'S DELICIOUS

Two tablespoons butter, 1 small cup sugar, 2 tablespoons flour, juice and rind of 2 lemons, 1½ cups milk, 2 eggs. Beat whites stiff and beat yolks and add milk.

WAFER PANCAKES

One and a half oz. butter, 2 oz. plain flour, pinch salt, 2 eggs, ½ pint milk, jam and cream.

Method.—Beat eggs in basin, then add flour sifted with salt, add melted butter and milk and mix to a smooth batter. Have ready five or six coupes or large saucers well greased. Pour a little mixture into each and bake in a hot oven until a delicate brown. Spread with jam, fold over and serve at once with cream.

IRISH PANCAKES

One cup mashed potato, 1 teaspoon salt, 2 cups self-raising flour, 2 tablespoons sugar, 1 cup milk, 2 eggs.

Sift flour and salt, add sugar, then rub in the potato. Beat the eggs and add the milk. Gradually add to the dry ingredients, making a batter. Grease a heavy frying pan. Cook in tablespoonsful until evenly browned on both sides. Serve hot with butter jam or honey.

PASTRY

Two cups butter, 2 cups flour, pinch salt. Rub in ½ butter then add by dabs. Leave 2 hours. Roll again. Leave a while. Put pastry into shells, then raspberry jam and cake mixture.

PIE PASTRY

One cup flour, 1 teaspoon baking powder, salt, 4 tablespoons margarine, 1 egg and juice of 1 lemon. Mix with water.

SWEET PASTRY

One egg, 2 tablespoons butter, 2 tablespoons sugar (beaten), 1 cup flour, 1 teaspoon baking powder. Mix with milk. Any. filling.

BEAUTIFUL FLAKED PASTRY

Equal quantities of flour and butter or a shade more flour, a good pinch of salt. Sieve flour and salt into basin and add butter. Keep chopping the butter with a knife until like bread-crumbs, then mix into a dough with cold water and a squeeze of lemon. Knead together, then roll out from you, fold in three, and roll out the same way three times. Keep it as cool as possible. It is now ready for use.

PUFFALOONS

Half lb. self-raising flour, 1½ gills milk, pinch salt, jam or honey.

Mix into light dough. Knead slightly. Roll out and cut in rounds ½ inch thick. Heat fat and when it begins to smoke lower gas and fry puffaloons till golden brown on both sides, turning once. Drain on paper. Serve at once with jam or honey.

"COMO" PLUM PUDDING

One cup flour, 1 teaspoon soda, 2 teaspoons spice, pinch salt, 3 tablespoons dripping, 2 tablespoons sugar, 1 cup sultanas, 1 cup currants, dates and raisins, or as much fruit as liked. Mix with milk. Boil in cloth.

OVERNIGHT PUDDING

Four oz. self-raising wholemeal, 4 oz. plain flour, ½ teaspoon salt, ½ teaspoon cinnamon, ½ teaspoon mixed spice, ½ teaspoon grated nutmeg, 1 teacup mixed fruit, 4 oz. sugar, 4 oz. dripping, ½ level teaspoon bi-carbonate of soda, ½ pint boiling water, 3 tablespoons milk.

Place the dripping, water and bi-carbonate of soda in a basin and stir until dripping melts, add milk and stand until cool. Sift flour, wholemeal, salt and spices, add sugar and fruit. Mix into a batter with the dripping and water. Place in a greased basin and stand overnight. Cover with greased paper and steam 2 hours.

BREAD PLUM PUDDING

Two large cupfuls breadcrumbs, 1 cup of milk, 1 large cupful mixed fruit, 1 small cup sugar, 1 tablespoonful butter, 1 egg, a little mixed peel, ½ teaspoonful ground ginger, ½ teaspoonful mixed spice, 1 teaspoonful soda (level) dissolved in a little boiling water. Mix well and steam for 2½ to 3 hours. When cooked this is a nice dark pudding.

OVERNIGHT PLUM PUDDING

One cup boiling water, ½ cup, sugar, 1 tablespoon butter, 1 teaspoon carb. soda. Mix together then add 1 cup seeded raisins (or other fruit), 1 cup flour.

Steam 3 hours. Mix overnight for mid-day meal or early morning for night meal.

RHUBARB SOUFFLE

Boil 2 cups milk with 2 tablespoons sugar, thicken with 1 tablespoon flour, add 1 dessertspoon butter; cool, add 3 beaten egg yolks and a pinch of salt. Mix well. Stew 1½ cups rhubarb and ½ cup sugar in ½ cup water, add ½ teaspoon cinnamon and a small pinch of spices and mix into the white sauce. Fold in the stiffly beaten egg whites, pour into a greased pie dish and bake ½ of an hour in a moderate oven.

CARMEL'S STEAMED PUDDING

Half cup milk, 1 heaped tablespoon butter. Put on stove till butter is melted, take off and let cool, then beat in two eggs; add teaspoon soda and make sure it dissolves.

Put in basin 1½ cups flour, ½ cup sugar and any quantity of mixed fruit. Add to mixture and mix well. Place in greased basin, put on to steam with plenty of water. Steam 3 hours. Do not cover basin, but put lid on saucepan.

SURPRISE PUDDING

Two cups flour, spices to taste, ½ cup sugar, 1 cup each raisins, currants and sultanas.

In another basin put 1 tablespoon butter, 1 tablespoon dripping, 1 teaspoon carb. soda and 1½ cups boiling water. When dissolved mix well with dry ingredients. Stand overnight. Steam 4 hours.

SPANISH CREAM

Two dessertspoons gelatine, 2 cups milk, 4 dessertspoons sugar, ½ cup hot water, 2 eggs, essence of vanilla.

Method.—Beat egg yolks and sugar together, add to milk and heat until the mixture boils and coats the spoon. Remove from the fire. Dissolve gelatine in hot water and add mixture. Beat egg whites till stiff and stir into mixture. Flavor to taste and pour into a mould till set. Remember the custard must boil or it will not separate. It should only just boil; do not keep it cooking.

TREACLE PUDDING

Half lb. flour, 1 cup boiling milk in which dissolve 1 teaspoon soda, ½ lb. dripping, 2 tablespoons treacle, 2 tablespoons sugar. Mix all well together. Ginger may be added if liked. Steam.

VARIETY PUDDING (6 PERSONS)

One dessertspoon butter, 2 tablespoons sugar, 1 egg, 1 heaped cup self-raising flour, ½ cup milk, salt. Put butter in pudding basin to melt. When melted pour on sugar in mixing basin. Add salt. Add egg and beat well. Add self-raising flour and milk alternately. Mix well. Put into pudding basin and steam for ½ hour or more.

This is a good basic recipe and may be varied in many ways. (1) Chocolate pudding by adding 1 tablespoon cocoa; (2) Golden syrup—use half sugar and serve with golden syrup; (3) Black Cap—by putting layer of currants in bottom of pudding basin before batter; (4) Lemon pudding—grated rind of whole and juice of half lemon to mixture, and serve with lemon sauce; (5) Sultana—add handful sultanas to mixture; (6) Marguerite to mixture. For four persons reduce flour only to ½ cup.

WAFFLES

Four oz. flour, 1 teaspoon baking powder, 2 eggs, beat egg yolks and sugar, beat whites stiff, one-third pint milk. Add milk to eggs and melt 1 teaspoon of butter.

MEATLESS DISHES

APPLE, ONION AND TOMATO

A savoury vegetable entree or tasty breakfast dish may be made by frying or baking together apple, onion and tomato, seasoned with pepper, salt and a little butter or bacon fat. Canned tomatoes may be used if fresh ones are not available. Grated crumbs should be sprinkled on the dish if cooked in the oven.

TO FRY WHITING

First fillet fish by slicing down both sides of backbone of fish and lift out backbone. When ready prepare flour with seasoning and roll fish in. Then dip in beaten eggs and roll in bread-crumbs. Have fat prepared and heated till blue smoke rises from it before placing fish in. Serve with bananas which have been dipped in egg and breadcrumbs.

SCALLOPED CRAYFISH

One cooked crayfish, pinch salt, $\frac{1}{2}$ pint butter sauce, 1 dessertspoon tomato sauce, lemon juice, cayenne to taste, 1 dessertspoon each anchovy sauce and chopped parsley.

Mix crayfish meat and other ingredients into butter sauce thoroughly. Clean out crayfish shell and fill with mixture. Cover with fine breadcrumbs, dot with butter and bake in brisk oven 20 to 25 minutes. Serve sprinkled with chopped parsley.

EGG DISH

Cut in half as many hard boiled eggs as required. Arrange on bottom of fire-proof dish, then chop up 2 Spanish onions very fine and put in saucepan with 3 dessertspoons of olive oil, season with pepper and salt, bay leaf and juice of one lemon. Simmer for $\frac{1}{2}$ an hour, stirring it, then add 6 peeled tomatoes chopped. Cook till it is of a thickness to cover the eggs and heat in a covered dish. At the last moment add fried breadcrumbs and a little cheese. Place in oven for a few minutes before serving.

CHEESE IN CARROT DEEP DISH

Ingredients.—One bunch carrots, 8 oz. shredded cheddar cheese, 1 lb. onions, 2 cups breadcrumbs, parsley, salt, pepper.

White sauce.—One tablespoon butter or margarine, salt, 2 tablespoons flour, 2 cups milk, pepper.

Method.—Boil carrots in salted water, and when tender cut in long strips. Boil onions till tender but firm.

To make white sauce: Melt butter or margarine, blend in flour. Stir in milk gradually, stir mixture till it thickens and boils. Season.

Place layer of carrots in casserole, cover with sauce, cheddar, breadcrumbs, salt, pepper, parsley. Repeat layers. Top casserole with onions, crumbs and cheddar, bake golden brown in moderate oven. Garnish with carrot strips and parsley. A hearty meal for six people.

CURRIED EGGS

Cut finely 1 large onion and fry in little butter until brown. Stir in 1 tablespoon curry powder and add 1 pint stock. Add 1 diced apple and 1 dessertspoon coconut, and season to taste and thicken. Add as many hard-boiled eggs as required. Serve with boiled rice and slices lemon.

POTATO CHIPS (To Serve With Fish)

Slice thinly raw potatoes and dry. Have fat at boiling heat and drop potatoes in. When partly cooked take out and reheat fat. Replace potatoes to crisp. Dust with pepper and salt.

CREAMED CRAYFISH

Remove meat from 1 crayfish, wash claws and set aside. Heat 1 pint milk, blend and thicken with 1 tablespoon cornflour, salt and cayenne to taste. When cooked chop meat of crayfish and $\frac{1}{2}$ cup cream and little lemon juice. Mix well and serve on hot dish. Garnish with claws and slices of lemon.

CRUSTY FISH PIE

The Pastry

Six oz. ($1\frac{1}{2}$ teacups) self-raising flour, $\frac{3}{4}$ teaspoon salt, 2 oz. butter or margarine, 1 egg, 3 tablespoons milk, 1 dessertspoon chopped parsley.

Sift flour and salt, rub in butter or margarine. Mix into a light dough with beaten egg and milk. Turn on to a floured board, knead lightly and roll or pat into a round to fit a 7-inch sandwich tin. Grease tin and make a design with sliced lemon on the bottom of it. Prepare the fish mixture and press it carefully into the tin. Cover with a layer of sliced or grated cheese. Now place the round of prepared pastry on top. Glaze with beaten egg and bake in a moderately hot oven 25 to 30 minutes.

Fish Mixture

One small tin fish, 1 cup breadcrumbs, 1 tablespoon chopped chives, squeeze lemon juice, 1 egg, salt and pepper to taste.

Mix all ingredients well together.

POTATO ANNA

These look like upside-down cake, crisp and glistening when they go to table to be served.

Slice potatoes very fine, enough to fill six cups after soaked in cold water. Drain and dry with a towel then follows a good sprinkle of salt and a pinch of pepper. Now take a round mould and butter it well, line sides and bottom with your biggest slices, then fill in between these walls with layer upon layer of sliced potato and between each layer spread a tablespoon of butter. A final spread of butter all over top. Bake in a hot oven (450) for two hours. It may be

as well to take a peep at it after 40 minutes and a gentle prod right into the heart of anna will tell you if potatoes are cooked. Turn out on to a warmed plate, being careful to keep mould in shape, which should be a golden brown. Very nice with steak or chops.

MUSHROOM FLAN (An Ideal Supper Dish)

Make a flan of half puff paste, line flan mould with it, and bake in oven till golden brown. At same time prepare mushroom filling. Mushrooms sliced thinly and cooked in butter. Then add a cup of cream sauce and cook another few moments. Put this into cooked flan with a little grated cheese on top. Replace in oven for another few moments. Serve very hot.

SMOKED FISH (To Cook)

One fish, 1 oz. butter, 1 gill water, pepper.

Grease baking dish and lay fish in, skin side down. Pour over with milk, season with pepper and bake in moderate oven 15 minutes. Serve hot with melted butter.

DUCHESS POTATOES

Peel 2 lb. potatoes and cut in thin slices. Mix them with $1\frac{1}{2}$ pints milk in which egg has been beaten. Add to the mixture a seasoning of salt, pepper and nutmeg, and $\frac{1}{2}$ lb. grated gruyere cheese. Rub dish with a cut clove or garlic, butter it well and pour in mixture. Sprinkle a little more grated cheese on top and bake in moderate oven for about $\frac{1}{2}$ hour.

SCONES & LOAVES

SUGAR BUNS

Eight oz. self-raising flour, pinch of salt, 3 oz. butter or margarine, 3 oz. sugar, 1 egg, 2 tablespoons milk, $\frac{1}{2}$ teaspoon lemon essence.

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in sifted ingredients alternately with milk and essence. Turn on floured board, knead slightly, cut into 18 buns. Dip in sugar, place on greased tray, allowing room for spreading. Bake in a moderately hot oven 12 to 15 minutes.

COFFEE ROLLS, No. 1

One egg, 3 oz. butter, 3 oz. sugar, teaspoon carbonate of soda, $\frac{1}{2}$ pint milk, 1 lb. flour, two teaspoonsful cream of tartar.

Mix butter and sugar to a cream, break in egg, add milk, then flour, well mixed with soda and cream of tartar; mix well, roll lightly, form into shapes, and bake for 10 minutes.

COFFEE ROLLS, No. 2

Three oz. sugar, 2 oz. butter, beat to a cream, 2 eggs, little salt, 1 lb. of self-raising flour, add about $\frac{1}{2}$ cup of milk. Bake $\frac{1}{2}$ of an hour in hot oven.

DOUGH NUTS

Half cup of sugar, 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoonful of carbonate of soda, 1 teaspoonful cream of tartar, 2 cups of flour.

Mix dry ingredients together, then add egg, then milk. Have ready sufficient boiling fat to well cover and drop the dough—made into small round balls—into it. When cooked a golden brown, take out and sprinkle well with sugar. Can be eaten hot or cold.

DOUGHNUTS

Eight oz. (2 teacups) self-raising flour, pinch of salt, 1 oz. butter or margarine, 1 egg, 4 tablespoons milk, 1 dessertspoon sugar.

Sift flour, salt and sugar. Rub in butter or margarine. Mix into a light dough with beaten egg and milk.

Turn on floured board. Knead until smooth. Roll out $\frac{1}{4}$ in. in thickness. Cut into rounds, cut out the centres with a smaller cutter. Drop into deep hot fat, fry 5 to 6 minutes turning the doughnuts over in the fat. Drain on paper and dust with sugar. Fry the small centre pieces, drain and dust with cinnamon and sugar. Serve hot for afternoon tea.

NUT LOAF

One cup dates (or raisins), 1 teaspoon carb. soda, 1 tablespoon butter, small cup sugar. Pour over 1 cup boiling water, when cool add 1 well beaten egg, 1 cup plain flour, 1 cup self-raising flour, 1 tablespoon walnut pieces, vanilla. Cook about one hour in tins without lids.

To make a steamed pudding, leave out walnuts and steam for about two hours.

NUT LOAF

Two cups self-raising flour, pinch salt, $\frac{1}{2}$ cup sugar, 1 well beaten egg, 1 cup milk, $\frac{1}{2}$ cup dates, nuts, currants, sultanas or raisins. (If dates or nuts, add 1 heaped teaspoon cinnamon to flour; if currants, essence lemon; for sultanas or raisins, vanilla).

Sieve dry ingredients, add sugar and fruit, then add egg beaten up with milk. Bake for $\frac{1}{2}$ hour in two tins with lids on.

ALL BRAN NUT LOAF

Cream 2 oz. butter and $\frac{1}{2}$ cup sugar. Add 1 egg, 1 cup all bran soaked for a short time in 6 tablespoons milk, $\frac{1}{2}$ teaspoon vanilla, 1 cup dates and walnuts mixed. Then add 1 cup self-raising flour. Mix altogether and bake in log tin for $\frac{1}{2}$ hour.

BANANA LOAF

Eight oz. self-raising flour, 3 oz. sugar, 2 oz. butter, 1 egg, 1 to $1\frac{1}{2}$ mashed bananas, $\frac{1}{2}$ level teaspoon soda. Mix with 1 teacup cold milk. Cream butter and sugar, add beaten egg then self-raising flour.

BUTTERMILK LOAF

Two and a half cups plain flour, $\frac{1}{2}$ cup sugar, 1 cup mixed fruit, 1 cup buttermilk, 1 teaspoon soda, 1 teaspoon spice, 1 teaspoon cinnamon, $\frac{1}{2}$ cup melted butter.

Put all in together and mix well. Cook $\frac{1}{2}$ to $\frac{3}{4}$ hours in long, narrow tin.

PLAIN ROLLS

Half lb. flour, 2 teaspoonsful baking powder, 1 oz. butter, 1 gill milk, 1 egg, pinch salt.

Sift flour, baking powder and salt; rub butter in lightly; beat egg and add milk; pour into flour and make into a soft dough; cut into rolls and bake in a hot oven for 15 minutes.

DRIED APRICOT LOAF

Three-quarter cup dried apricots, 1 egg, 1 cup sugar, 2 tablespoon butter, 2 cups self-raising flour, 1 teaspoon salt, $\frac{1}{2}$ cup orange juice or milk, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup chopped mixed nuts.

Wash apricots, cover with cold water and soak for $\frac{1}{2}$ an hour. Drain and chop into small pieces. Beat egg, add sugar and beat until dissolved. Stir in melted butter, add flour and salt alternately with orange juice and water. Fold in nuts and apricots. Fill into two nut loaf tins and bake in a moderate oven, 1- $1\frac{1}{2}$ hours.

RAISIN LOAF

One cup raisins, 1 cup sugar, 1 cup water, 2 oz. butter. Place in saucepan, boil for five minutes, cool, and stir in one teaspoon of cream of tartar and vanilla to flavour. Mix with 2 teaspoons plain flour and 2 teaspoons of baking powder and a pinch of salt and 2 table-spoons of self-raising flour. Bake in nut loaf tin 45 minutes in moderate oven.

RAISIN OR SULTANA LOAF

Pour 1 small cup of boiling water over 1 cup raisins in which 1 teaspoon of soda is placed. Cream 1 table-spoon butter and $\frac{1}{2}$ cup sugar, add egg and beat well. Add $1\frac{1}{2}$ cups self-raising flour, mix well and bake in tins with lids on about $\frac{1}{2}$ hour.

BROWN SCONES

Quarter lb. flour, $\frac{1}{2}$ lb. whole meal, 2 teaspoonsful baking powder, pinch salt, 1 oz. butter, $1\frac{1}{2}$ gills milk.

Sift flour, meal, salt and baking powder; rub butter in lightly and mix into a dough with the milk; turn on to a floured board, roll out, cut into rounds. Bake on a floured tray in a quick oven 8 to 10 minutes.

BUTTERMILK SCONES

Three breakfast cups flour, $1\frac{1}{2}$ breakfast cups buttermilk, $1\frac{1}{2}$ level teaspoonsful carbonate soda, 2 heaped teaspoonsful cream of tartar, 1 level teaspoonful salt, 3 tablespoonsful of butter.

Mix butter into flour with salt, cream of tartar and soda; pour in the buttermilk and mix fairly soft; roll out. Bake in hot oven about 15 minutes (the time depends on the thickness). These scones keep for days.

COMO SCONES

Three cups self-raising flour, pinch of salt, sifted five times. Mix with creamy milk till a nice dough. Cook in hot oven.

CHEESE SCONES

One cup grated cheese, $1\frac{1}{2}$ cups self-raising flour, dash of cayenne pepper, 1 egg, a little butter.

Mix same way that you would other scones. Bake 7 to 10 minutes.

DATE SCONES

Half lb. flour, 1 good teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful carbonate of soda, 1 oz. butter, 2 tablespoonsful sugar, 1 doz. stoned dates, 1 egg, 1 gill milk, pinch salt.

Sift flour, cream of tartar, soda and salt; rub in butter, add sugar and dates; beat egg, add milk, and mix into a soft dough; roll out, and cut into shapes; brush with a little egg and bake in a hot oven for 10 minutes.

GEM IRON SCONES

One table-spoonful sugar, 1 table-spoonful butter, 1 egg, 1 cup of milk, 2 cups of self-raising flour.

Mix butter and sugar to a cream, then add egg, milk and flour; bake in a hot oven 6 or 7 minutes. The irons may be had at any ironmongers.

DROP SCONES

Two cups flour, 1 teaspoonful soda, 1½ teaspoonful cream of tartar, pinch of salt, 2 eggs, 1½ tablespoonsful sugar, milk to make a batter that will drop easily from a spoon.

Mix dry ingredients, add eggs well beaten, then milk; cook on a girdle previously warmed and slightly buttered; turn with a knife when they bubble; allow about a dessertspoonful for each; put into a folded cloth till required to be eaten.

GINGER SCONES

Eight oz. (2 teacups) self-raising flour, 2 oz. (2 tablespoons) butter, 1 to 2 teaspoons ground ginger, pinch of salt, 2 tablespoons icing sugar, 1 egg, ½ cup chopped preserved ginger (washed and dried), ½ cup milk.

Sift flour, ground-ginger, salt and sugar, then rub in butter. Add chopped ginger and mix to a light dough with beaten egg and milk. Turn on to floured board, knead slightly, pat out and cut into rounds. Place on greased tray and glaze with beaten egg or milk. Bake in very hot oven 6 to 12 minutes, according to the size of the scones.

MOLLIE'S SCONES

Four cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda, ½ teaspoon salt. Mix with creamy milk.

Flour for scones must be sifted four or five times and mix dough with a knife and press out with the hand. Do not use rolling pin.

ORANGE SCONES

One tablespoon sugar, grated rind of ½ orange, 1 teacup milk, orange marmalade, 8 oz. self-raising flour, pinch of salt, 1 oz. butter or margarine.

Sift flour and salt, rub in butter or margarine. Add grated orange rind and sugar, mix into a moist dough with milk. Turn on floured board, knead lightly and roll into an oblong about ½ inch in thickness. Spread with orange marmalade, roll up and cut into pieces about one inch wide. Place the pieces on greased tray, cut side down, and allowing room for spreading. Bake in a very hot oven 8 to 10 minutes.

PLAIN SCONES

Half lb. flour, pinch salt, 2 teaspoonsful baking powder, 1 oz. butter, 1½ gills milk.

Sift flour, salt, baking powder; rub butter into flour lightly; mix into a soft dough with the milk; turn on to a board, and cut into rounds and brush with a little milk. Bake on a floured tray 7 to 10 minutes.

SPICE SCONES OR DOOR MATS

One lb. flour, ½ lb. sugar, 2 teaspoonsful mixed spice, 1 teaspoonful soda, 2 teaspoonsful cream of tartar, a handful sultanas and currants.

Mix with sweet milk, rather stiff, and bake like scones for 7 to 10 minutes.

SULTANA SCONES

Half lb. self-raising flour, 1 oz. butter, pinch salt, 2 tablespoonsful sugar, 1 oz. sultanas, grated nutmeg, 1 egg, 1 gill milk.

Sift flour, add salt, and rub butter into flour; add sultanas, sugar and nutmegs; beat egg, add milk, and mix into a soft dough; roll out and cut into shapes; bake on a greased tray for 15 minutes.

WHOLEMEAL DATE SCONES

Eight oz. (2 teacups) self-raising wholemeal, 1 level dessertspoon castor sugar, 1 level tablespoon butter, ½ teaspoon salt, 1 teacup chopped dates, 1 cup less 3 tablespoons milk.

In measuring with the cup use the following rule:—Fill cup, using a tablespoon, from the packet, level off by scraping over the top, not pressing down. Measure milk with same cup—fill cup, lift out three tablespoons.

Mix wholemeal, salt and sugar. Rub in butter. Add dates. Mix into a dough with the milk, using a knife. Turn on floured board, knead until smooth. Roll half inch in thickness. Cut into scones. Place on greased tray having, quarter inch between each scone. Glaze the tops with milk. Bake in a very hot oven 8 to 12 minutes.

One small egg and six tablespoons milk may be used to mix the dough in place of milk in recipe.

SMALL CAKES**ARGUS TART**

Six oz. flour, pinch salt, 4 oz. butter, 1 egg, lemon juice, water. Cook in patty tins. Any filling.

BUTTER CAKES

Three cups self-raising flour, 1½ cups sugar, ½ lb. butter, 2 eggs. Beat butter and sugar, add eggs, lastly flour. Drop by teaspoon on tray. Place an almond in centre of each. Cook about 20 minutes.

BISCUIT PASTRY

Six oz. plain flour, 2 oz. self-raising flour, pinch of salt. Sift all together and rub in 4 oz. butter. Beat 1 egg and 2 oz. sugar well and add to the flour. Suitable for various biscuits, pie or short bread napoleons.

BOSTON TEA CAKES

Two cups sifted flour, 2 tablespoonsful sugar, 2 tablespoonsful butter, 1 egg, 1 teaspoonful baking soda, 2 teaspoonsful cream of tartar, ½ cup milk.

Mix soda and cream of tartar in flour, also sugar; rub in butter, mix well, stir in egg and milk, roll out and cut into shapes; bake in quick oven about 10 to 15 minutes.

RASPBERRY BUNS

Four cups flour, 1 cup sugar, ½ cup butter, 2 eggs, 1 teaspoonful baking soda, 2 teaspoonsful cream of tartar, pinch salt.

Milk to make it stiff enough to roll out; cut with biscuit cutter; place some raspberry jam in centre of each, turn edges over; bake on greased shelf, smooth side up; ice with lemon icing.

EASTER BUNS

Eight oz. (2 teacups) self-raising flour, ½ teaspoon salt, 2 tablespoons sugar, 3 oz. mixed fruit, ½ teaspoon cinnamon, ½ teaspoon mixed spice, pinch ground cloves, 2 oz. butter or margarine, 1 egg, 4 tablespoons milk.

Sift flour, salt and spices. Rub in

butter or margarine, and sugar and mixed fruit. Mix into a light dough with beaten egg and milk. Turn on to a floured board, knead until smooth, then divide into 16 pieces. Roll each piece into a round ball, place on greased tray, press slightly flat, cut a cross on top with a knife. Glaze with beaten egg and sprinkle with sugar. Bake in a moderately hot oven 10 to 12 minutes.

NEW ZEALAND BUNS

One large cup flour, 1 tablespoonful sugar, 1 heaped teaspoonful powder, 1 egg, 3 oz. butter.

Rub butter into flour, add sugar and powder, then egg well beaten, and enough milk to make a stiff dough; place in heaps on cold greased tray; bake in quick oven for 10 or 15 minutes.

CANBERRA TARTS

Make good puff pastry, with it line some patty pans and half fill with this mixture:—Beat 2 oz. butter and 2 oz. castor sugar to a fine cream. Add an egg and beat again. Shake in a few currants and finely chopped candied peel, and beat all well together before filling patty pans.

CARAMEL FINGERS.

Quarter lb. butter, ½ lb. brown sugar, 1 egg, 1 cup self raising flour, ½ cup dates, ½ cup walnuts, vanilla. Heat butter and sugar till dissolved. Take off fire, add beaten egg, vanilla, flour, dates and nuts. Put in greased tin. Bake 20 minutes. Leave till cold. Cut in fingers.

CHEESE CAKES

Two and a half cups flour, 1 cup sugar, 3 eggs, ½ cup milk, 1 teaspoon soda, 2 cream of tartar. Beat butter and sugar to a cream, break in eggs one at a time, beat well. Put cream of tartar in flour, soda in milk, add lemon essence.

CHOCOLATE ECLAIRS

Two oz. butter, $\frac{1}{2}$ pint boiling water, 4 oz. plain flour, 3-4 eggs.

Put through forcer, plain $\frac{1}{2}$ -inch nozzle. Cook 35 minutes. Split down the sides so steam can escape. When cold fill with cream and ice with chocolate icing.

CHOCOLATE PINWHEELS

Two oz. butter or margarine, 2 oz. castor sugar, $\frac{1}{2}$ an egg, 4 oz. flour, 2 teaspoonsful cocoa.

Cream butter and sugar, beat in egg, add sieved flour, mix thoroughly and divide dough in half. Knead cocoa evenly into one portion, then roll dough into an oblong $\frac{1}{2}$ -inch thick. Roll out plain mixture to the same shape, and place chocolate mixture on top of plain one and roll up as for a Swiss roll. Cut into $\frac{1}{2}$ -inch slices, place on a greased tray and bake in moderate hot oven 7 to 10 minutes.

COCOANUT DAINTIES

Six oz. ($1\frac{1}{2}$ teacups) self-raising flour, pinch of salt, 2 oz. (4 tablespoons) cocoanut, 4 oz. castor sugar, 4 oz. butter or margarine, 1 egg.

Sift flour and salt. Rub in butter or margarine, then add sugar and cocoanut. Mix to a stiff dough with beaten egg. Roll into balls and roll these in cocoanut. Place on greased tray, allowing for spreading. Press a hole in the top of each with a finger and fill this with a little jam. Bake in a moderate oven for 10 to 15 minutes.

CREAM PUFFS

One small cup water, 2 oz. butter, 1 small cup flour, 3 eggs.

Boil water and butter, sift in flour. Beat well and when cool break in eggs one by one and beat thoroughly. Cook on cold slide in hot oven 20 minutes.

CREAM PUFFS.

One cup water, 1 tablespoon butter, 3 eggs, 1 cup sifted flour, pinch salt. Bring to the boil water and butter, then add sifted flour and beat till very smooth. Remove from fire, then add eggs one at a time. Beat till very smooth and stiff. Drop in small teaspoons on slide and bake till golden brown about 30 minutes.

DELIGHTFUL CAKE

Three-quarter lb. butter, 6 eggs, $1\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ lb. crystallised cherries, 1 lb. plain flour, 1 dessertspoon of treacle warmed, rind and juice of 1 orange, $\frac{1}{2}$ teaspoon soda dissolved in orange juice, a few drops of lemon and vanilla.

Mix as for pound cake and bake about 4 hours in moderate oven in 10-inch tin. When cooked prick cake all over, pour on $\frac{1}{2}$ cup of brandy or whisky. If spirits are not used could add a little brandy or sherry in the icing.

GINGER CAKES

One cup butter, 1 cup light brown sugar, 2 eggs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup golden syrup, 2 cups self-raising flour, 1 heaped teaspoon ginger.

Mix butter and sugar to cream, add eggs, mixing well, then milk and treacle slightly warmed, then flour and ginger. Bake in patty pans in moderate oven. Ice with coffee icing. Serve with cream filling. Excellent keepers and never fail.

HINKLER

Half lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. cocoanut, $\frac{1}{2}$ lb. flaked oatmeal.

Melt butter, add other ingredients, pat into flat greased tin and bake a light brown in moderate oven. When cool, cut into squares.

HONEY JOYS

Three rounded dessertspoons butter, 2 rounded dessertspoons sugar, 2 dessertspoons honey.

Boil on stove until dissolved, take off and add 5 cups cornflakes, stir until flakes are covered with hot mixture. Spoon into paper patty pans and bake a few minutes.

JAM DROPS

Two cups flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon cream tartar, $\frac{1}{2}$ soda. Put in balls on slide, make dint into each, add drop of jam and roll up.

JAM BUNS

Eight oz. (2 teacups) self-raising flour, 2 oz. ground rice or cornflour, $\frac{1}{2}$ teaspoon salt, 4 oz. margarine or butter, 4 oz. castor sugar, 2 eggs, any soft jam.

Sift flour, ground rice and salt. Cream margarine and sugar. Beat in one egg and one yolk gradually. Mix in sifted ingredients forming a dough. Divide into 24 pieces. Roll each piece into a round, batten out, making a hollow in the centre. Place half a teaspoon jam in each bun and close the dough over, hiding the jam. Brush with white of egg, dip in sugar, place on greased tray allowing one inch space between each bun. Bake in a moderately hot oven 12 to 15 minutes.

LUCILLE'S LOVE BALLS

Four eggs, 5 oz. sugar, 4 oz. cocoanut, $\frac{1}{2}$ oz. flour, 5 oz. butter.

Mode.—Beat eggs and sugar gradually, also butter, put in flour, $\frac{1}{2}$ teaspoon of soda, 1 of cream of tartar, a pinch of salt. Beat all together. Put in $\frac{1}{2}$ teaspoons on a buttered slide. Put jam on top when cooked.

WALNUT MACAROONS

One egg white, $2\frac{2}{3}$ chopped walnuts, 1 tablespoon lemon juice, 1 cup brown sugar, pinch salt.

Beat the egg white until stiff. Add the sugar a little at a time, then the chopped walnuts, salt, lemon juice, folding in lightly. Drop in dessertspoonsful at least 1 inch apart on buttered paper. Bake in moderate oven.

HONEY MACAROONS

Melt 2 oz. sugar, 3 oz. butter, 1 tablespoon honey, add 5 oz. cornflakes. Mix well. Put in paper patty cake containers and bake for 15 minutes in a fairly cool oven.

NUTTIES

One and a half cups flour, 1 lb. dates (cut small), $\frac{1}{2}$ cup walnuts, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ cup butter, 1 teaspoon spice, 1 cinnamon, 1 teaspoon soda, $\frac{1}{2}$ cup milk.

Mix butter and sugar, the nuts, flour and fruit, then add beaten egg, milk and soda. Put in one teaspoon lots on tray. Moderate even.

ORANGE CRISPS

One packet orange jelly crystals, $\frac{1}{2}$ lb. butter. Cream these together and add 1 beaten egg. Sift $1\frac{1}{2}$ cups flour and 1 teaspoon of baking powder, add to butter mixture. Place teaspoons on a cold greased slide. Press down with a fork and bake in a moderate oven 10 to 15 minutes.

PATTY CAKES

Half cup butter, 1 cup sugar, 3 eggs well beaten, 1 cup milk, 2 cups flour, 1 teaspoon soda, 2 cream of tartar; sultanas or currants and peel to taste.

PASSIONFRUIT SHORTCAKE

Half lb. self-raising flour, 3 table-spoons sugar. Rub in $\frac{1}{2}$ lb. butter. Mix with one well beaten egg. (Do in sandwich tins). Rub top with fork. Split and ice the centre with icing and passionfruit.

POWDER PUFFS

Beat 2 eggs in $\frac{1}{2}$ cup sugar until thick and creamy. Fold in $\frac{1}{2}$ cup self-raising flour. Fold while hot and put cream in when cold.

"COMO" POWDER PUFFS

Three eggs, beat separately, add $\frac{1}{2}$ cup sugar and beat 10 minutes. Sift together $\frac{1}{2}$ cup arrowroot, 2 large tablespoons flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda. Place in teaspoons on slide and when cold spread with raspberry jam and whipped cream in centre. Sprinkle with icing sugar.

RASPBERRY SLICE

Beat $\frac{1}{2}$ lb. butter and $\frac{1}{2}$ cup sugar to a cream, add 1 beaten egg, then $1\frac{1}{2}$ cups self-raising flour, put in a flat dish, work out flat and spread with raspberry jam, then beat 1 egg, 1 cup sugar and 1 cup cocoanut and spread on top of jam with a fork. Bake 15 minutes in good oven.

SNOWBALLS

Beat 2 eggs with a small cup of sugar until thick, sift in a cup of self-raising flour and 3 tablespoons of boiling milk in which is dissolved $\frac{1}{2}$ teaspoon carbonate of soda. Bake in round tins. Chocolate icing and roll in cocoanut.

SNOWBALLS

Six oz. castor sugar, $\frac{1}{2}$ lb. butter, 8 eggs, $\frac{1}{2}$ scant cup of milk, 8 oz. self-raising flour.

Cream the butter and sugar well, add beaten eggs little at a time, then the milk and flour. Half fill well greased patty tins with the mixture. Bake lightly about ten minutes. When cold, ice with pink, some with brown, and some white icing and sprinkle with cocoanut. Later split sides and fill with whipped cream.

Icing: One tablespoon butter, $\frac{1}{2}$ lb. icing sugar, divide icing into three parts, color one with 2 dessertspoonfuls of cocoa made thin with boiling water, add $\frac{1}{2}$ teaspoonful of vanilla essence. Make one lot pink with pink coloring. Dip little cakes into icing with a fork and let icing drain a little before sprinkling with cocoanut.

SPONGE PATTY CAKES

Place the one-third mixture remaining from a Swiss roll in 12 greased patty tins. Sieve castor sugar on top of them. Bake in a moderate oven 8 to 10 minutes. Stand the tray on a wet cloth to loosen the cakes. Cool on cake wire.

EASTER NUT SHORTBREAD

Four oz. (1 teacup) "Provera" self-raising wholemeal, 2 oz. ($\frac{1}{2}$ teacup) enriched plain flour, pinch of salt, 1 dessertspoon golden syrup or honey, 4 oz. butter, 3 oz. castor sugar, 2 oz. blanched and chopped almonds, 1 oz. chopped mixed peel.

Sift wholemeal, flour and salt. Cream butter, sugar and golden syrup slightly. Mix in the sifted ingredients, nuts and mixed peel. Work into a firm dough on a board. Divide into four pieces. Pat each piece into a square about half an inch in thickness. Mark the edges with a fork or with the fingers, then cut into six pieces. Place on an ungreased tray, prick well with a fork and bake in a very moderate oven 20 to 30 minutes.

SHORT BREAD NAPOLEONS

Materials: Biscuit pastry, plain or lamington cake, jam and icing. Roll out biscuit pastry about $\frac{1}{4}$ of inch, fit into greased tin, spread with jam, then put in cake mixture making it thinner in centre. Roll out another piece of biscuit pastry and spread with jam and drop it on the raw cake, jam side down. Cook gently and when cold cover with icing.

SPONGE DROPS

Two oz. sugar, 2 eggs, 2 oz. flour, vanilla. Whisk sugar and eggs until thick and creamy, add vanilla and fold in sieved flour. Put spoonfuls on tray in hot oven and bake 7 to 10 minutes until lightly colored. Can be sandwiched together with cream and jam, cream and jelly, icing, etc.

VANILLA COOKIES

One-third of a cup of butter and lard mixed, 2 cups flour, 1 cup of sugar, $\frac{1}{2}$ cup milk, 1 egg, 2 teaspoonsful baking powder, nuts, raisins, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonsful vanilla.

Cream butter, add sugar, egg, milk, vanilla, and lastly dry ingredients; drop by teaspoonsful on buttered baking pan; on each cookie place 3 raisins or 3 pieces of walnut. Bake in rather hot oven for 10 minutes.

VANILLA DAINTIES

Four oz. butter, 6 oz. sugar, 2 eggs, 4 oz. currants, 8 oz. self-raising flour, 1 teaspoon vanilla, lemon peel.

Beat butter and sugar to a cream, stir in the beaten eggs and the flour, lastly the currants. Roll out quite thin on a floured board and cut into rounds. Top each biscuit with a sprinkling of sugar and a piece of peel. Bake in a moderate oven until nicely tinted.

BISCUITS**AFGHAN BISCUITS**

Seven oz. butter, 8 oz. plain flour, 8 oz. icing sugar, 1 tablespoon each of cocoa and cocoanut and 2 cups crushed cornflakes, vanilla essence.

Cream butter and sugar, add cocoa, cocoanut, flour, and lastly, cornflakes and vanilla. This mixture is very stiff. Form into small balls. Cook in a moderate oven.

BRANDY SNAPS

Four oz. butter, 4 oz. sugar, 4 oz. golden syrup, 4 oz. flour, juice $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoon ginger.

Mix butter and sugar to a cream (melt butter), add syrup and flour. Put very small teaspoons on slide. When baked roll around finger or peg. When cold fill with whipped cream.

BUTTER DROPS

Four oz. icing sugar and $\frac{1}{2}$ lb. butter creamed, 1 cup mazaena, 1 cup plain flour. Drop in small balls in castor sugar and press flat with a fork.

BUTTER NUTS

Four oz. (1 teacup) self-raising flour, 2 oz. ($\frac{1}{2}$ teacup) enriched plain flour, pinch of salt, 4 oz. butter, 3 oz. sugar, 3 level dessertspoons golden syrup, 1 oz. ground walnuts, $\frac{1}{2}$ level teaspoon bi-carbonate of soda, 1 tablespoon hot water.

Sift flour and salt. Cream butter, sugar and golden syrup. Mix in sifted ingredients and walnuts. Lastly mix in bi-carbonate of soda blended with the hot water. Put out on a greased tray, using a teaspoon, and allowing room for spreading. Bake in a very moderate oven 10 to 12 minutes.

BURNT BUTTER BISCUITS

Six oz. butter, 8 oz. sugar, 1 egg, pinch salt, 8 oz. self-raising flour.

Melt butter in saucepan until light brown, allow to cool. Add sugar and beat to a cream. Add egg, beat again. Sift in flour and put in small spoonful on tray. Put almond on top of each.

C.B.C. BISCUITS

Cream 1 cup sugar, 1 cup of butter. Sift 3 cups of self-raising flour. Beat 3 eggs and add to butter and sugar. Then stir in flour and a few drops of vanilla. Roll out and cook a pale color. Put together with raspberry jam and ice and decorate the top with nuts, cherries, decorettes.

FORCER BISCUITS

Six oz. butter, 4 oz. sugar, 3 oz. ground rice, 2 eggs, 10 oz. plain flour, 1 teaspoon cream of tartar (level), $\frac{1}{2}$ teaspoon soda (level).

Method: Cream butter and sugar well together till smooth, beat in eggs together. Sift in flour, ground rice and rising. Mix to a smooth dough. May use a few drops of whatever flavouring liked.

PUSHER BISCUITS (COCOANUT)

Four oz. butter, $\frac{1}{2}$ cup sugar, 1 egg, $1\frac{1}{2}$ cups flour, 1 cup cocoanut, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda, vanilla.

Cream butter and sugar, add egg, then flour and rising mixed, and lastly cocoanut. Put through forcet.

BRAN BISCUITS

Two cups bran, $1\frac{1}{2}$ cups self-raising flour, $\frac{1}{2}$ lb. butter or good dripping, $\frac{1}{2}$ cup sugar, 1 egg, a little milk.

Cream butter and sugar, add egg and beat well. Add flour and bran and very little milk. Mix and knead a little, roll out fairly thin. Cut in rounds and bake in moderate oven until a light brown.

CARAMEL FINGERS

Melt $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar till oily. Then add 1 egg well beaten, 1 cup self-raising flour, pinch salt, $\frac{1}{2}$ cup dates, $\frac{1}{2}$ cup chopped walnuts, few drops vanilla essence. Mix well.

Bake in flat dish for 20 minutes. Let it cool in tin. Ice with chocolate or coffee icing. Sprinkle with chopped nuts. Later cut into fingers. (Very nice).

CARAMEL WALNUT FINGERS

Quarter lb. butter, $\frac{1}{2}$ cup sugar, 1 cup self-raising flour, 1 egg, nutmeg, $\frac{1}{2}$ cup walnuts and dates.

Melt butter and sugar in saucepan, add beaten egg. Then stir in the flour, nuts and dates. Stir mixture thinly over oven tray and bake. Cut while warm.

COFFEE BISCUITS

Four oz. butter or margarine, 3 oz. castor sugar, 1 egg, 3 oz. flour, pinch salt, 2 teaspoonfuls coffee essence, a squeeze of lemon juice, jam. Coffee glaze, icing and walnuts.

Cream butter and sugar, whisk egg lightly and beat in, sieve in dry ingredients and flavour with essence and lemon juice a little milk may be added if necessary. Roll out on slightly floured board, cut into shapes. Cook in moderate hot oven 10-12 minutes. When cool, sandwich together with jam and ice the tops, then place a halved walnut on each.

CORN FLAKES

Beat $\frac{1}{2}$ cup sugar, 4 oz. butter, add 1 beaten egg, $\frac{3}{4}$ cup sultanas, 1 cup of self-raising flour. Take pieces and roll in corn flakes.

CORN FLAKES.

Half cup butter, 1 cup cocoanut, 1 tablespoon golden syrup, $\frac{3}{4}$ cup sugar, 1 cup walnuts, 2 eggs, 5 cups corn flakes.

Melt butter, add sugar, then well beaten eggs. Mix well and add rest of ingredients. Put dessertspoonful on tray and bake in rather slow oven. Take off slide while hot.

CREAM BISCUITS (FOR PUSHER)

One cup butter, 1 cup sugar, $2\frac{1}{2}$ cups flour, 1 tablespoon ground rice, 1 tablespoon maizena, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, 1 egg.

Beat butter and sugar, add egg, then dry ingredients and put through pusher.

FRUIT AND NUT DAINTIES

Half lb. butter and $\frac{1}{2}$ cup sugar creamed, 1 egg beaten, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, 2 teaspoons cinnamon, 1 teaspoon spice, $\frac{1}{2}$ cup mixed fruit and walnuts.

FAIRY BISCUITS

Four oz. butter, 4 oz. sugar, 1 egg, 5 oz. self-raising flour, essence of vanilla, nuts or cherries to decorate.

Method.—Put butter in a saucepan and burn until a golden brown. Allow to cool, add sugar, then egg, essence and lastly flour. Place small spoonfuls on tray and top with piece of nut, cherry or lemon peel. Bake until golden brown.

GINGER CREAMS

Quarter lb. butter, $\frac{1}{2}$ cup sugar, yolk of 1 egg, 1 teaspoon golden syrup, $1\frac{1}{2}$ cups flour, with $\frac{1}{2}$ teaspoon of carb. soda and 1 teaspoon ginger.

GINGER BISCUITS

One and a half cups flour, 1 cup sugar, $\frac{1}{2}$ cup butter or dripping, 1 egg, 2 small tablespoons golden syrup, 1 tablespoon milk, 1 teaspoon soda, $\frac{1}{2}$ teaspoon cream of tartar, 1 heaped teaspoon ginger, 1 small teaspoon essence of lemon.

Method: Mix butter and sugar, add egg and syrup, then milk, flour, soda, cream of tartar, ginger and essence. Mix well, put in half teaspoon lots on a greased slide and bake in a slow oven.

GINGER NUTS

Three cups flour, 1 dessertspoon ginger, 2 teaspoons baking powder, 1 teaspoon cinnamon and $\frac{1}{2}$ teaspoon salt sifted, 1 cup butter, 1 cup sugar, 1 cup treacle, 2 eggs beaten.

Rub butter into flour. Make a hole in the centre, pour in treacle and eggs. Mix very thoroughly together. Roll out very thin. Bake in slow oven as they burn easily.

HARLEQUIN BISCUITS

Four oz. (1 teacup) self-raising flour, 3 oz. plain flour, pinch of salt, 1 dessertspoon cocoa, 3 oz. butter or margarine, 4 oz. castor sugar, 1 egg, cochineal.

Sift flour and salt. Cream butter and sugar slightly, add egg. Mix in sifted flour making a firm dough. Divide into 3 portions. Colour one with cocoa, one with cochineal and leave one plain. Roll out each portion into an oblong. Place one piece on top of the other. Roll up tightly and allow to stand until quite firm. Cut into thin slices. Place on a greased tray. Bake in a moderate oven 10 minutes.

HEALTH BISCUIT

Six oz. self-raising flour, 1 teacup wheat germ or bran, pinch of salt, 4 oz. butter or margarine, 2 oz. sugar, 1 small egg, 1 dessertspoon golden syrup.

Sift flour and salt, add wheat germ or bran. Cream butter or margarine, sugar and golden syrup, beat in egg. Mix in sifted ingredients and allow to stand in a cool place until firm. Roll out thinly, prick well and cut into biscuits. Place on a greased tray and bake in a moderate oven 12 to 15 minutes.

JAM DROPS

Two cups flour, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon cream tartar, $\frac{1}{2}$ soda.

Put in balls on slide, make dint into each, add drop of jam and roll up.

KISSES

Quarter lb. plain flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. eggs, $\frac{1}{2}$ lb. cornflour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar.

Cream butter and sugar, add eggs, etc. Put teaspoonfuls on slide and bake in fairly hot oven. Join with raspberry jam and ice.

LOG CABIN BISCUITS

Quarter lb. butter and $\frac{1}{2}$ cup sugar creamed, add 1 egg, heat $\frac{1}{2}$ cup golden syrup and add 1 teaspoon soda, $1\frac{1}{2}$ cups flour, 2 teaspoons cream of tartar, $\frac{1}{2}$ cup walnuts or cocoanut. Put on slide in teaspoonfuls.

"MARY'S BEST" BISCUITS.

Quarter lb. butter, 1 cup sugar. Beat to a cream, add 2 eggs then $\frac{1}{2}$ lb. self raising flour. Mix in 1 cup mixed fruit. Put in teaspoons on a greased slide and bake in moderate oven.

MACAROONS

Three-quarter lb. flour, 1 teaspoon baking powder, $\frac{1}{2}$ lb. butter and 1 cup sugar creamed, 1 teaspoon vanilla essence, 2 eggs.

Make into small balls and put an almond on top of each. Bake about 10 minutes in moderate oven.

MAC'S BISCUITS

Half lb. butter and $\frac{1}{2}$ lb. sugar creamed, add 2 beaten eggs, 1 lb. self-raising flour, any flavouring to taste.

Roll in balls and press with fork and cook a nice brown in a moderate oven.

MERINGUES

Three egg whites, 9 dessertspoons sugar, pinch salt, cream of tartar.

Beat whites stiff, add sugar two spoons at a time. Beat all the time till very stiff. Bake in spoonfuls in a slow oven.

NATIMUK BANK BISCUITS

Six oz. butter and 6 oz. sugar creamed, 1 egg beaten, $1\frac{1}{2}$ cups self-raising flour or $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream tartar, 1 tablespoon walnuts cup up, 1 cup rice bubbles, 1 dessertspoon golden syrup. Put in teaspoons on a greased slide.

OATMEAL WAFERS

Two cups rolled oats, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup melted butter, 1 small teaspoon carb. soda, 2 table-spoons boiling water. Mix all together.

RASPBERRY SANDWICHES (BISCUITS)

Four cups flour, $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ lb. butter, 3 eggs, 2 teaspoons cream of tartar, 1 teaspoon of soda, 2 teaspoons cinnamon, 1 tablespoon raspberry jam.

Beat butter and sugar to a cream, add beaten eggs and jam, then dry ingredients. Roll out thin and bake in hot oven to golden brown. Put together with jam while hot.

SHORTBREAD BISCUITS

Half lb. flour, 2 oz. castor sugar, 6 oz. butter, pinch salt. Rub together.

SHORTBREAD

Half cup castor sugar, 1 cup butter, 2 cups flour, salt. Cream butter, sugar, add flour, roll out $\frac{3}{4}$ in. thick.

SHORTBREAD

Beat 10 oz. butter, 4 oz. castor sugar to a cream, add 1 teaspoon lemon juice, then knead in 1 lb. plain flour. Cook 10 minutes in a moderate oven. (Good).

YO-YOS

Six oz. butter and 2 oz. icing sugar creamed, 6 oz. flour and 2 oz. custard powder sifted together. Make into small balls and press down with a fork. Join together when cooked and cold with icing.

YUM YUMS

Six oz. butter and 4 oz. sugar creamed, 1 teaspoon vanilla, 1 tablespoon cocoa, $1\frac{1}{2}$ cups flour, pinch salt, 4 tablespoons crushed corn flakes.

Mixture is stiff and requires good mixing. Roll into balls and press with fork. Bake 15 to 20 minutes in moderate oven. Allow to cool on tray.

JAMS & JELLIES

NEW WAY APRICOT JAM

Twelve lb. apricots, 2 pints water, 12 lb. sugar, the juice of 1 large lemon, and a few kernels (the last two optional, but a great improvement).

Stone and halve the fruit, and cook with the water and lemon juice slowly until thoroughly tender, and somewhat reduced in quantity (perhaps for 1 hour). Then add the warmed sugar and the kernels and boil briskly for 20-30 minutes or until the jam on being tested jellies. Test in the usual way, a few drops in a saucer in a cool spot. The jam will also drop in thick flakes from the stirring spoon, rather than in clear drops as formerly. Bottle while hot, and seal at once with starched paper, gummed paper, or paraffin wax.

DRIED APRICOT JAM

One lb. dried apricots. Wash well and place in a pan with 5 breakfast

cups full of water and leave all night. Next day put on to boil until tender, and then add $5\frac{1}{2}$ lb. sugar to it and boil 20 to 30 minutes.

It is a great improvement to add the grated rind and juice of an orange and lemon.

Peaches May be Treated in the Same Way.

A Variation.—1 lb. dried peaches, $4\frac{1}{2}$ lb. sugar, $4\frac{1}{2}$ pints boiling water. Method as for dried apricot jam.

APRICOT JAM

Four lb. of apricots, 4 lb. of sugar, $\frac{3}{4}$ pint of water.

Method.—Chose firm, deeply coloured apricots and remove the stones. Boil part of sugar and water together for a few minutes, add the prepared fruit and boil. Simmer gently for 20 minutes. Add the rest of sugar and a few of the blanched kernels and cook for about 10 minutes longer, or until it jellies. Do not add the kernels too long before finishing off.

APPLE JELLY

Choose green apples not too ripe. Wash and cut up roughly. Cover with water until some of the pieces float. Add two inches of cinnamon stick to 6 lb. apple and 2 lemons cut up. Cook gently till the apples are tender. Strain through a jelly bag. Do not press.

Allow 1 bare cup of sugar to 1 good cup of liquid. Put together and dissolve sugar before boiling. Then boil quickly till the jelly sets and is a good colour. Bottle at once.

Other Flavorings For Apple Jelly.

(a) 1 pineapple to 6 lb. of apples.
(b) 1 dessert cloves to 6 lb. of apples.

(c) A few drops of almond essence added at the last.

If the jelly does not colour well, a few drops of red colour may be added.

BLACKBERRY JAM

Put the fruit into the preserving pan, bruise it with a wooden spoon, and heat it over a slow fire, stirring well, bring to the boil quickly, and boil for five minutes, no longer. Then add $\frac{1}{2}$ lb. sugar to every pound of fruit.

Stir the jam until sugar is dissolved, bringing it gradually to boiling point again. Then boil quickly for another five minutes.

This recipe is good for Raspberry Jam also, but use 1 lb. sugar to each pound of fruit.

BLACKBERRY AND APPLE

Four lb. blackberries, 1 lb green apples.

Method.—Cut up apples roughly, cover with water and simmer till pulped. Rub through a sieve and then strain through coarse muslin. Boil cleaned berries with apple water for 20 minutes. Then add $\frac{1}{2}$ lb. sugar for each pound of fruit and cook rapidly, stirring constantly until the jelly stage is reached.

BLACK CURRANT JAM

Two lb. currants, $2\frac{1}{2}$ lb. sugar, 1 cup water.

Method.—Take the stems off the currants and put them on to cook with $\frac{1}{2}$ lb. sugar and 1 cup water. Cook 10

minutes, then add 2 lb. sugar and boil 10 minutes more.

Note.—1 lb. dark plums added to this recipe, with an extra 1 lb. of sugar makes the currants go further and does not harm the consistency or flavour of the jam.

Another Good Recipe by a Good Jam Maker.

One basin of black currants, 1 basin water, 2 basins sugar.

Note.—The basin you use will depend on amount of fruit you have.

Method.—Boil fruit and water until soft, about 10 to 15 minutes; add sugar and boil rapidly for about 10 minutes or until the fruit jellies. If the fruit is very ripe use half as much water. Time for boiling always counts from when the jam or jelly commences to boil.

FIG JAM

The figs should be quite ripe. Wipe with a damp cloth and slice them. To every pound of fruit add $\frac{1}{2}$ lb. sugar and the juice of half a lemon and one gill of water. The rind of the lemon shredded very finely may be added if liked.

Stand figs with half the sugar and lemon rind over night. Boil rest of sugar, juice and water for five minutes, and remove the skum as it rises. Add the fruit, bring gently to the boil and cook gently for about half an hour, or until it jellies and is clear. Skim seeds off as they rise.

FIG JAM

Six lb. figs cut with skins on, nearly cover with water, boil 1 hour, then add the following:—6 lb. sugar, $\frac{1}{2}$ teaspoon cayenne pepper, $\frac{1}{2}$ lb. preserved ginger, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup almonds, juice of 2 lemons. Boil another $1\frac{1}{2}$ to 2 hours.

GRAPE FRUIT JAM

Take 8 grapefruit and wash thoroughly. Cut up very finely and remove a little of the pith, and cover with 15 breakfast cups of water. Soak 48 hours. Boil 20 minutes or till the skins are tender, add 10 lb. of sugar (12 lb. if sweet jam is preferred). Boil $\frac{3}{4}$ to $1\frac{1}{2}$ hours or till it jellies.

GOOSEBERRY AND STRAWBERRY JAM

To every 6 lb. gooseberries allow 6 lb. strawberries, 10 lb. best preserving sugar, 1½ pints of water.

Method.—Top and tail the gooseberries and pick over the strawberries. Put water and fruit into a preserving pan, add sugar and cook slowly until sugar is dissolved. Then bring to the boil and boil one hour. Bottle hot and seal.

GOOSEBERRY JAM

To every pound of fruit allow 1 pint water and 2 lb. sugar.

Bring water and fruit to the boil, then add half quantity of sugar and boil up again; then add the other half and boil till it sets, when tested in the usual way.

LOGANBERRY AND GOOSEBERRY

Four lb. of gooseberries, 1½ quarts of water, 4 lb. of loganberries, 8 lb. sugar.

Boil gooseberries gently in the water for 30 minutes or till slightly pink. Add loganberries and cook at boiling heat for another five minutes, then add the sugar, and when dissolved boil the mixture rapidly until a rich clear red colour and will jelly.

LOGANBERRY AND CHERRY PLUM

Three lb. logans, 3 lb. cherry plums, 4½ lb. sugar.

Put plums on to cook with about 1 cup water, and when they are cooked fairly soft add the logans and boil for another 10 minutes. Then add sugar and bring to boiling heat after sugar is dissolved, and boil rapidly till it jellies.

LOGANBERRY JAM

Four lb. loganberries, 4 lb. sugar.

Boil the fruit without sugar or water, stirring well, then add the sugar; stir well and boil rapidly for eight minutes, stirring constantly. Bottle hot into warmed jars and seal immediately.

LEMON AND CARROT JAM

Grate eight lemons and boil with 13 cups water for one hour. Then add six grated carrots, 8 lb. sugar, and boil till the whole jellies.

LEMON JELLY

Cut 1 lb. of lemons into thin slices. Pour over 1 quart of cold water. Soak 24 hours. Then boil 25 minutes. Stand another 24 hours, and again boil for five minutes. Strain, then measure juice and to every pint allow 1½ lb. of sugar. Boil 20 minutes or until it jellies.

LEMON MARMALADE

Allow 1 teacup of sugar and 1 cup water to each lemon. Wash the lemons, dry them and cut into thin slices.

Put into an earthenware basin. Cover with water and allow to stand overnight. Boil till tender. Add the sugar and boil 20 minutes to half hour longer or till it jellies.

MELON JAM

Six lb. melon, 12 lb. sugar, 10 cups water, 6 lemons (or more). Cut up melon and lemon, add half sugar, let stand over night. Boil one hour and add rest of sugar and boil 1½ hours longer. Add 1 teaspoon citric acid before taking jam off.

MELON JAM

Three lb. melon, 12 cups water, 9 lb. sugar, ½ oz. preserved ginger, 3 large lemons. Cut melon and ginger, slice lemon finely and soak in water over night. Boil 15 minutes, add sugar, and boil till it jells; about 1½ hours.

MELON JAM

Three-quarter lb. sugar to every lb. of fruit. Lemons to flavour and ginger. Cut melon into square pieces and let stand all night with the sugar over it. Boil till clear—about four hours.

If using pineapple with the melon allow ¾ lb. sugar to each pound of pineapple. Add 1 teaspoon of citric acid before taking off the stove. If green ginger is used boil until soft and then peel, cut into thin slices and cook with the melon. Green ginger gives a better flavour than preserved ginger.

MELON JELLY

Cut 20 lb. of melon, skin and all, very finely. Put 3 lb. sugar with it and allow to stand all night. Cut 1 dozen lemons into slices, remove the seeds and pour enough boiling water over it to cover the lemons and let it stand all night.

Boil all together in the morning for 1½ hours, strain, and to every pint of juice add 1 lb. sugar. While boiling add 1 dessertspoon of citric acid and a little brandy to flavour.

MELON AND PINEAPPLE JAM

Six lb. of melon, 1 pint of water, 3 lemons, 1 large pine apple, 6 lb. sugar, ½ lb. preserved ginger.

Cut the lemons very finely. Cut melon and pineapple into small dice. Put over the whole 2 lb. sugar and stand overnight. Add the water and simmer gently till the fruit is quite soft. Add the preserved ginger, cut small, also remaining sugar. Dissolve before boiling and cook gently until it jellies.

"COMO" MARMALADE JAM

One navel orange and 2 lemons shredded. To each cup of fruit add 3 cups water and allow to stand all night. Next day boil quickly for ten minutes and leave till cool. To every cup of fruit add 1 cup sugar and boil about 65 minutes or till it sets.

ORANGE MARMALADE

Use half as many lemons as oranges and 1 teaspoon of citric acid. To every orange allow 1 pint water. To a dozen oranges allow 4 lemons and 1 extra pint of water.

Wash and peel oranges. Then cut peel into thin shreds and cut pulp roughly. Allow to stand overnight with some of the water, having rind and pulp in separate basins, and using boiling water for the rind. Tie the rind in a muslin bag. Put the water, rind and pulp on to boil till the rind is soft. Strain the liquid through muslin and put the liquid and rind back into the saucepan, allowing cup to cup of sugar and boiling till it jellies—about 2 hours. About 1 teaspoon of citric acid may be added to clear the jelly and improve the flavour.

POOR MAN'S ORANGE MARMALADE

Four lb. poor man's oranges, 18 large cups of water, 12 lb. sugar.

Cup up the oranges very finely. Stand in water for 24 hours. Boil till the oranges are tender, then add the sugar and boil till quite clear and will form a skin on a flat dish. Boil gently one hour without sugar, and when sugar is added it should jelly in 20 minutes.

SEVILLE ORANGE MARMALADE

Four bitter Seville oranges, 1 sweet orange, 1 lemon cut up very finely, 5 lb. sugar and 5 pints of water.

Soak the cut up fruit for 36 hours in the water. Then boil for 3 hours. Add the sugar and boil for half an hour, or until it jellies.

PEAR GINGER

Six lb. firm pears, 8 lemons if liked, ½ lb. preserved ginger, 4½ lb. sugar.

Method.—Peel pears with a stainless knife, remove cores and cut into rather thick blocks. Put the sugar over and two cups water and allow to stand for 12 hours or overnight. Wash the lemons, dry and cut into thin slices. Cut the ginger into small squares. Add lemon and ginger to the pears. If necessary add another cupful of water. Cook gently till the pears are tender. Test for jellying and bottle hot.

PLUM AND RASPBERRY JAM

Five lb. dark plums, 3 lb. raspberry pulp, 7 lb. sugar, ½ pint water.

Method: Put plums and water in pan, put lid on and cook till mashed, 30 minutes. Add raspberry pulp and boil a few minutes more. Add sugar and boil rapidly till it responds to test about 30 to 40 minutes. Stone before adding sugar.

GREEN TOMATO JAM

Six lb. green tomatoes, 1 small pineapple or 3 lemons, 4½ lb. sugar. Cut up tomatoes fine, put about 1½ lb. sugar and let stand overnight. Let boil about an hour. Put rest of sugar in and boil about 1½ hours. I myself put preserved ginger, no pineapple, no lemons.

PLUM JELLY

Put the plums into the pan with enough water to cover. Heat slowly and simmer till the plums mash readily, then strain. Boil the juice rapidly for 20 minutes, skimming often. Remove from the fire. Measure and return to the pan. As soon as it boils again, add as many bowls of sugar as you have of juice and boil until it jellies, which is about 20 minutes.

PLUM JAM

Four lb. dark plums, preferably Orleans or Blue Diamond. Three-quarter lb. sugar to each lb. of fruit, 1 pint water.

Wash plums, cut in half, and cover with sugar and water. Allow to stand overnight or for five hours. Put into preserving pan, and bring gently to the boil. Cook gently for about one hour and a half to two hours or until a little when tested jellies. Bottle hot. It is most important that fruit should not be over-ripe, because very ripe fruit has lost its jellifying quality.

PEACH AND PINEAPPLE JAM

Three lb. of yellow peaches, 1 lb. pineapple, 3 lb. sugar.

Method.—Skin the peaches by pouring boiling water, to which a pinch of soda has been added, over them. Cut up the peaches and also the pineapple, removing the skin and core. Put 1 lb. sugar on and allow to stand overnight. Bring slowly to the boil and cook gently till the pineapple is quite tender. Add the rest of sugar and cook quickly after dissolving it till the jam is the right thickness.

PEACH JAM

Allow $\frac{1}{2}$ lb. sugar to 1 lb. of fruit, with sufficient water to cover. The skins may be removed if liked. Pour boiling water over the peaches and allow to stand a minute or two, when skins will slip off. Put peaches in pan, cutting in half to remove stones. Bring gently to boil, add sugar and boil gently for 30 or 40 minutes.

QUINCE HONEY

Five large quinces, 1 pint water, 5 lb. sugar. Boil sugar and water well, add grated quinces. Boil 20 minutes.

QUINCE JELLY

Four pints of water, 2 lb. sugar, 4 quinces (green).

Method.—Wipe the quinces well and put them with the water and sugar into the pan. Simmer gently about three hours till the syrup jellies. Lift the whole quinces out and bottle the jelly. Remove the cores and skins of the quinces and chop them up. Return them to the pan with half a pint of water and 1 lb. sugar. Cook gently, stirring frequently, till the jam is thick, then bottle. The quinces are delicious served with cream if you do not wish to make jam of them.

If paper and paste are being used to cover, a much better result will be obtained by sealing while as hot as possible.

QUINCE JAM

Have quinces which are just ripe. Wipe and remove any bruised parts. Cut into half inch squares after removing skins and cores. Boil skins and cores with a few quinces exactly as for quince jelly, and strain into a large basin, letting juice drip without pressure until next day. The squares cut from the fruit should be put into cold water and a little lemon juice as they are prepared. Weigh them and reserve an equal weight of sugar. Put them into the preserving pan with hardly enough water to cover them, and simmer very gently until quite soft, but not broken, keeping fruit covered. Next day measure the juice from the skins and allow 1 lb. sugar for each pint of juice. Put sugar and juice into pan and let them stand on the cool part of stove until sugar is well dissolved. Then put on the gas, boil up, skim and add the reserved sugar and the fruit. Boil all together until it jellies.

RASPBERRY JAM

To every lb. raspberries allow 1 lb. sugar. Put all in the jelly pan and leave all night. In the morning stir up well and put on the fire. Stir at intervals till the jam boils and boil for exactly seven minutes.

STRAWBERRY JAM

Allow one pound sugar each one pound of fruit. Pick the strawberries and put them in a large basin, sprinkling each layer with sugar. Leave them all night. Next day drain off the juice only into a clean preserving

pan, add the rest of the sugar and put on the fire. Keep stirring until the sugar is dissolved, then increase the heat. Bring the syrup to the boil and let it boil for three minutes. Skim, then add the strawberries and boil till the jam will set—about 25 to 30 minutes.

PICKLES

APPLE CHUTNEY

Four lb. sour apples, 2 lb. brown sugar, 2 onions (not large), 2 teaspoons salt, $\frac{1}{2}$ teaspoon cayenne, 1 teaspoon ground rice, 10 small knobs of garlic.

Put into a saucepan and cover with vinegar. Boil gently for 5 hours. Put into a muslin bag the following:—1 oz. whole ginger, 4 or 5 blades mace, 7 or 8 cloves, 24 peppercorns and some allspice berries and boil with above. Remove bag. Bottle while hot.

BANANA CHUTNEY

Take 12 bananas, skin, cut into half inch pieces. Stone and cut 1 lb. dates into strips. Skin and cut very thin 1 lb. of green cooking apples; also 2 lb. of Spanish onions and $\frac{1}{2}$ lb. crystallised ginger chips.

Place in a bowl and add 1 teaspoon of allspice, 2 teaspoons curry powder, 2 tablespoons salt and 1 lb. treacle. Cover all with 1 pint of the best vinegar mixed with half pint of water. Mix well together. Turn into a large jar or basin, and bake in a rather slow oven until a rich chocolate colour—about two hours. When ready bottle and cover while hot. This recipe is especially recommended.

CASHMERE CHUTNEY

Two lb. green apples or gooseberries, 1 lb. seeded raisins, 1 lb. brown sugar, 1 or 2 oz. salt, $\frac{1}{2}$ oz. cayenne, 1 lb. dates, $\frac{1}{2}$ oz. garlic, vinegar, 4 oz. preserved ginger.

Chop all ingredients. Do not peel

the apples. Boil apples in enough vinegar to cover. When soft add other ingredients. Boil $\frac{1}{2}$ hour and bottle.

GOOSEBERRY CHUTNEY

To 5 quarts of gooseberries allow: 2 lb. raisins stoned and chopped, 3 oz. ground ginger, 3 lb. onions, 1 lb. brown sugar, 2 quarts good vinegar, 1 dessertspoon cayenne pepper, 1 tablespoon salt.

Top and tail gooseberries, then place all the ingredients in a big jar in the oven and cook slowly for four hours, stirring occasionally. Store in a cool, dry place. This is nice with roast duck, game or pork.

MELON CHUTNEY

Eighteen lb. melon, $1\frac{1}{2}$ quarts vinegar, $\frac{1}{2}$ lb. green ginger (more if liked), $\frac{1}{2}$ lb. garlic, 3 lb. sugar, handful of salt, 1 tablespoon chillies or 1 lb. green chillies, 2 lb. onions, spices to taste, cinnamon, cloves, ground mace, allspice berries and peppercorns.

For A Smaller Quantity

Six lb. melon, $1\frac{1}{2}$ pints vinegar, 1 cup golden syrup, 2 small cups sugar, 1 teaspoon cayenne pepper, 3 onions, 1 teaspoon mixed spice, $\frac{1}{2}$ lb. sultanas, 3 chillies, 1 piece garlic size of walnut, 1 doz. cloves.

Cut the melon into small dice. Sprinkle with a handful of salt and stand overnight. Strain off the liquid and add the onions, cut small, and all the other ingredients. The cloves should be tied in a muslin bag. Boil very gently for $\frac{1}{2}$ hours till the melon is quite soft.

TOMATO CHUTNEY

Six lb. dates, 12 lb. tomatoes, 2 oz. cayenne, 6 oz. garlic, $\frac{1}{2}$ lb. ginger, 4 oz. salt, 2 lb. brown sugar, 10 pints vinegar, $\frac{1}{2}$ lb. onions.

Scald and skin the tomatoes, stone the dates, bruise the ginger and tie up in a piece of muslin. Chop up dates and other ingredients. Put into preserving pan and boil gently 5 or 6 hours. When thick, bottle and seal.

GREEN TOMATO CHUTNEY

Twelve lb. green tomatoes, 2 lb. onions, 3 lb. sugar, $1\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. peppercorns, 1 teaspoon mustard, 2 quarts vinegar.

Method.—Cut tomatoes into about 4 sections, sprinkle with salt, allow to remain 24 hours or so. Then drain off the water which the salt has drawn, meanwhile spice and sweeten the vinegar and put the drained tomatoes and onions into it, cooking until well blended.

TOMATO RELISH

Six lb. ripe tomatoes, $\frac{1}{2}$ oz. cloves, 2 large onions, 3 lb. apples, $1\frac{1}{2}$ lb. sugar, $1\frac{1}{2}$ pints vinegar.

Peel the tomatoes, cut up onions and tomatoes and cover with a handful of salt. Stand over night and pour off the liquid. Add other ingredients and boil till tender. A few minutes before removing from the fire, add 1 teaspoon mustard and 1 tablespoon of cornflour mixed together with a little vinegar.

TOMATO RELISH

Twelve large ripe tomatoes (may be peeled), 4 large onions, handful of salt. Let stand overnight, strain. Place in stewpan and half cover with vinegar and boil till tender.

Add following mixture, mixed smoothly with vinegar:— $1\frac{1}{2}$ teaspoons mustard, 1 tablespoon curry, 1 lb. sugar (2 cups), 5 chillies, 1 pinch cayenne, 2 tablespoons of flour ($\frac{1}{2}$ cup). Boil again till a good consistency, bottle and seal while hot.

PICKLES

Five lb. tomatoes (green), 4 lb. cucumber, 4 lb. onions, 3 lb. sugar, $1\frac{1}{2}$ tablespoons mustard, 1 tablespoon tumeric, a pinch cayenne pepper.

Flour to thicken not quite a cupful. Cut tomatoes, cucumbers, onions and cover with salt and leave over night. Next day drain off brine, cover with vinegar, add sugar. Boil till tender. Then mix tumeric, mustard and cayenne pepper with little vinegar and add and boil a little while. Then mix flour to a paste with cold vinegar and add. Boil a few minutes.

PICKLED BEETS

This is an excellent standby for salads when fresh beetroot is not available.

Choose young dark coloured beet-roots and wash, being careful not to bruise the skins in any way. Do not cut off the rootlets, and leave on a few inches of the stalk. Drop into boiling water and cook till nearly soft. Allow to cool and remove skins and roots. Either cut into slices or leave whole as desired, and pack into jars.

Boil together the following:—One quart vinegar, or enough to cover beetroots, a little whole pepper, a few allspice berries, some bruised whole ginger, a few cloves, a blade of mace and 1 tablespoon of sugar. Allow to cool, add 1 tablespoon grated horse radish if liked, and cover the beet. Scrape a little horse radish on top of each jar and seal down. The beets may be flavoured with half oz. of coriander seeds instead of spice.

PICKLED CUCUMBERS WITH VINEGAR

Rub gherkins and cucumbers well with salt and keep them covered with salt for two days, turning occasionally. Rinse and drain thoroughly.

Place in a jar which has been lined with vine leaves, reserving some to cover over top of jar. Boil together 1 pint vinegar and 3 pints of water and pour over the cucumbers. A few hours later boil together 1 pint vinegar and 2 pints of water and, having poured off the first lot, pour over this hot weak vinegar solution. Next day pack the cucumbers in jars and boil some fresh vinegar with a little garlic, some allspice berries, peppercorns, bay leaves, a few sprigs thyme and mace and a little sugar if liked. Cool and pour over the cucumbers. Cover with vine leaves and cork down. If liked, they may be packed in sweet spiced vinegar.

PICKLED CUCUMBERS

A layer of vine leaves, a layer of cucumber.

Pack together flat and tight. Add a few chillies chopped finely. Make a brine, just salt to taste. Add a little acetic acid to make tart, a little pepper, and bottle.

CAULIFLOWER PICKLE

One cauliflower (4 lb.), 2 quarts of ginger, 2 oz. cloves, 2 oz. allspice, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sugar, 3 tablespoons curry powder.

Make a brine with $\frac{1}{2}$ lb. salt and enough water to cover vegetables and allow to stand for 24 hours. Drain off the water. Tie spice and cloves in a muslin bag and add them, with vinegar, to the cauliflowers. Cook gently till the vegetables are quite soft. Mix flour, sugar and curry powder to a paste with a little vinegar, and add to the pickle. Simmer gently for 10 minutes, stirring well.

PICKLED DAMSONS

Select 6 lb. of firm, sound damsons, and allow 3 lb. sugar, 1 pint vinegar, 1 teaspoon cloves, 1 or 2 oz. of root ginger, 2 or 3 blades of mace, 1 teaspoon allspice berries, 1 teaspoon peppercorns.

Sprinkle half the sugar over the well washed, drained, and slightly pricked fruit, and allow to stand one or two hours. Boil the vinegar, the rest of sugar, and other ingredients for a few minutes. Cool. Add the damsons and juice, and heat very gently without boiling for 8 minutes. Lift the fruit out of syrup and pack in hot jars. Boil syrup and pour over fruit. Stand jars on a stand in preserving pan with a little water around. Cover and steam gently at 180 degrees Fah. for 10 minutes and seal while hot. Care must be taken not to split the fruit. The fruit may be cooked in the vinegar before bottling, and the steaming process left out if great care is taken not to split the skins.

PICKLED FIGS

These are delicious, and it is a good way of using up late figs, which are apt to become hard in jam. Select

firm figs, cut off the stalk end and soak them in salted water (2 lb. salt to gallon water) overnight.

Boil together the following for 10 minutes:—1 quart vinegar, 3 lb. sugar, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon stick cinnamon, $\frac{1}{2}$ teaspoon mace. Drain the figs well and drop into the boiling vinegar. Simmer gently for one hour, and bottle hot and seal.

PICKLED PLUMS

Three lb. dark plums, a small variety preferred. Vinegar to cover. Boil the vinegar with an equal quantity of white sugar (cup for cup), and 2 inches cinnamon stick, $\frac{1}{2}$ doz. cloves, 1 teaspoon mace, 1 grated nutmeg and small piece of root ginger, bruised, a few allspice and pepper-corns, for 15 minutes.

Pour it over the plums and allow to stand for three days. Simmer gently for 10 minutes. Put into a stone jar and allow to stand some time before using.

MELON PICKLES

Four lb. melon cut in squares, 2 lb. onions cut up, 2 lb. sugar, $\frac{1}{2}$ lb. salt, 3 pints vinegar, 1 tablespoon mustard, $\frac{1}{2}$ tablespoon curry, 2 tablespoons flour, 2 tablespoons tumeric, add a few chillies, cloves and allspice.

Method.—Boil melon, onions, sugar, salt and vinegar for 20 minutes, and spices in muslin bag. After boiling 20 minutes mix dry ingredients with a little vinegar and stir in and boil for 10 minutes.

ONION PICKLES—1

Seven lb. onions (small pickling), 3 quarts vinegar, 1 cup sugar (if liked), 12 cloves, a little garlic peeled and sliced, 1 dessertspoon peppercorns, 1 dessertspoon allspice berries, 1 dessertspoon salt, 2 oz. whole ginger, peeled and bruised.

Peel onions and throw into salt water. Boil vinegar, spices, sugar, etc., and simmer gently one hour. Pack onions into jars. Allow vinegar to cool and pour over them—seal down. The vinegar may be poured on hot and sealed immediately.

ONION PICKLES—2

Soak onions in brine for two days. Scald with slightly salted water for five minutes, no longer. Drain and cover with a damp cloth till cold, and remove the outside shrivelled skin. Pack in bottles and cover with hot spiced vinegar, or it may be cooled first.

MUSTARD PICKLES

Two heads celery, 1 large cauliflower and 3 lb. onions cut up. Boil 1 lb. salt and 4 quarts of water and pour over vegetables and let stand 24 hours. Strain off salt and water. Then mix 1 cup of flour or maizena, 2 cups of sugar, 1 tablespoon of turmeric, 1 teaspoon cayenne, 3 tablespoons mustard, 3 quarts of vinegar. Boil vegetables in vinegar for ten minutes then thicken and stir for about ten minutes. Bottle and seal when cold.

MUSTARD PICKLE

Three or four cucumbers (do not peel), 3 lb. of green tomatoes, 2 lb. of onions. Slice the cucumber and tomatoes. Make a brine of 1 lb. salt and 4 quarts water. Pour over the vegetables and let stand all night. Then bring to the boil. Strain at once and turn into a dish. Then put 2 quarts of vinegar and 1 teaspoon allspice into the saucepan. Mix into a paste the following:—

One breakfast cup of plain flour, 1½ cups white sugar, 3 level tablespoons mustard, 1 tablespoon turmeric, 1 teaspoon curry powder, 1 level teaspoon cayenne. Mix with sufficient water to make a smooth paste (about one breakfastcupful). Pour the boiling vinegar on to the paste and return with the vegetables to the saucepan. Bring to the boil and boil slowly one hour.

GREEN TOMATO PICKLE—1

Slice 6 lb. green tomatoes, add one handful of salt, and let all stand 12 hours, then drain and throw away the liquid. Into a quart of vinegar put 6 chillies cut into small pieces, 2 onions, sliced (more if liked), or 2 oz. of spring onions, and ½ lb. treacle or golden syrup; also 1 tablespoon allspice berries, 1 tablespoon cloves, 1 oz. whole ginger peeled and bruised, 1

handful salt, 1 tablespoonful whole pepper.

Let all boil for 10 minutes, then add tomatoes and mix 1 oz. mustard and boil again for 10 minutes. When cooked add a little turmeric to color, and more spice if liked.

GREEN TOMATO PICKLE—2

Fourteen lb. green tomatoes and 3 onions. Slice and sprinkle with salt and allow to stand for 24 hours. Drain and put on fire with 1 teaspoon of ground ginger, 1 teaspoon mustard, 1 teaspoon cayenne pepper, 1 teaspoon each ground mace, cloves and allspice berries; also 6 green apples, peeled and put through a mincer, 1 lb. brown sugar and 1 lb. dates.

Cover with vinegar. Boil till thick and just before cooked add 1 oz. garlic, peeled and cut up finely.

CLEAR GREEN TOMATO PICKLE—3

One gallon green tomatoes, 4 onions, ½ pint molasses, 1 teaspoon cayenne, 1 teaspoon whole spice, 1 teaspoon cloves, 2 teaspoons mustard seeds, 2 quarts vinegar.

Slice onions and tomatoes. Sprinkle each layer with salt. Stand overnight and drain off the liquid. Add other ingredients and boil half an hour. Cover and use after standing a fortnight.

RED CABBAGE PICKLES

Remove coarse outer leaves and stalks, and shred the leaves very finely. Sprinkle each layer with salt and press down. Leave for two or three days. Drain well and pack loosely into pickle bottles. It will be a purple colour, but the vinegar will restore the red colour. Boil 1 to 2 quarts vinegar as required, with a few cloves, allspice berries and peppercorns. Add 1 lb. sugar if liked. Allow to cool and strain. Fill bottles with this, moving cabbage with stick to ensure vinegar passing through and to allow air bubbles to escape. Seal immediately and store away from strong light. The spices may be tied in a bag and removed before bottling.

MIXED MUSTARD PICKLES

One cauliflower, 2 quarts green tomatoes, 1 quart small onions, 2½ quarts vinegar, 4 quarts of brine, 1 cup flour, 1 tablespoon turmeric, 1 large cup sugar, 3 level tablespoons mustard—more if liked.

Divide the cauliflower into small branches. Throw them into boiling water for 3 minutes, then drain. Cut up the tomatoes, skin the onions. Make a brine with 2 cups salt and 4 quarts water. Throw in the vegetables. Cover and leave till next day. Next day simmer vegetables in brine till cooked. Remove vegetables from brine and drain well. Put vinegar and 1 teaspoon allspice into the saucepan. Mix into a smooth paste the mustard, flour, turmeric and sugar, with a little vinegar. Stir into the vinegar in the saucepan before boiling point is reached. Add vegetables, stir well. Bring to the boiling point and cook for a few minutes, but do not boil the cauliflower till it mashes. Bottle and seal immediately.

GREEN TOMATO MUSTARD PICKLES

One lb. beans, 6 lb. green tomatoes, 9 small onions (cut up), 3 cups sugar and cover with 1 quart vinegar, 1 dessertspoon each of salt, cloves, peppercorns, whole spice and about a finger-length of bruised ginger. Boil until tender, then add 2 tablespoons corn-flour, 1 tablespoon curry flour, 2 tablespoons mustard, 1 dessertspoon turmeric. Keep a little vinegar out of recipe for mixing.

PICKLED WALNUTS

Take great care to pick the walnuts before the shell is formed. Try them with a needle or fork and use only nuts which can easily be pierced. Make a strong brine (2 lb. salt to gallon water). Prick the nuts all over with a fork. As the nuts stain badly, the hands should be protected with an old pair of gloves. Put the nuts into the brine and leave for a fortnight. Stir them occasionally and add more salt every third day. Then remove the nuts from the brine and spread them in the sun to darken, which takes four days to a week. It is a good plan to place them on bags

spread over stretched out wire-netting so that the air can get round. Rinse the nuts in a little vinegar to remove the dust. Pack the nuts, which should be black, into jars, and cover with boiling vinegar, in which peppercorns, spices, and a tiny piece of garlic have been boiled for a few minutes. The spices and very small pieces of garlic should be tied in a muslin bag. In a week's time, add a little more vinegar to make sure they are covered. Seal well.

MUSHROOM KETCHUP

Clean and prepare mushrooms, place in layers, with salt between, for 3 or 4 days. Strain off the juice and boil with a little cayenne, thyme, bay leaf, and other herbs fancied. Bottle and cork while hot.

PLUM SAUCE

Six lb. dark plums, 3 lb. sugar, 3 pints vinegar, 6 teaspoons salt, 2 oz. cloves, 1 teaspoon of cayenne, 2 oz. whole ginger, peeled, well bruised.

Boil plums three-quarters of an hour. Add the rest of ingredients and boil one hour. Strain through a colander and bottle.

TOMATO SAUCE—1

Twenty lb. tomatoes, 1 lb. sugar, ½ oz. of cayenne, 6 tablespoons salt, ½ oz. common pepper, 4 oz. of ground ginger, ½ oz. cloves, ½ oz. mace, 3 pints vinegar, horse radish and garlic.

Boil the tomatoes for two hours and strain. Then add the other ingredients and simmer for two hours. When quite cold, bottle, seal and keep in a cool place.

TOMATO SAUCE—2

Twelve lb. tomatoes, 3 pints vinegar, 2 oz. chillies, 4 oz. salt, 4 oz. of onions, 1 teaspoon mace, 1 oz. mixed spice, 1 oz. garlic.

Scald tomatoes and remove skins. Put ingredients through the mincer, and boil all together until it thickens.

The time for boiling fruit always counts from when the fruit begins to boil.

MISCELLANEOUS

APPLE ROSES

Wipe clean six nice red apples and core them. Chop nuts and raisins to fill the openings. Season with a little vanilla. Cut the skin in eighths, about an inch down, and turn each point down as you steam fruit slowly. Serve with roast pork or as a sweet.

Electric Ovens: Bake at 425 degrees. Top element off, bottom element low. Time, 1-1 hour.

APRICOT SAUCE

Twelve lb. apricots, 1 quart vinegar, 2½ lb. sugar, 2 tablespoons of salt, 3 oz. whole ginger, 4 oz. garlic, ½ oz. cayenne pepper, 1 oz. cloves, 1 oz. peppercorns, 1 oz. allspice. Boil all together for 3 hours. A very tasty sauce.

BATTER FOR TOMATOES

Beat 2 eggs, add 8 tablespoons flour, pinch of salt, about 1 cup milk. Make an hour before using. Put half tomatoes in batter and fry in boiling fat.

GOOD BATTER FOR FISH

Roll pieces of fresh fish in flour and then dip in this batter: Four tablespoons sifted flour with ½ teaspoon salt, ½ teaspoon carb. of soda. Mix to a thin paste with water. Fry fish in boiling fat.

BUTTER BRINE

Two lb. salt, 6 lumps sugar, 1 gallon water, as much saltpetre as will lie on a shilling.

Boil together for 10 minutes and when cold place in an earthenware jar. Wrap each pound of butter in a cloth and place in the jar. Put a weight on top to keep the butter under the brine. This will keep for months.

BREAD SAUCE FOR POULTRY

Cut up finely 1 small onion and boil in a little water until quite soft. Then add about 1 pint milk; bring to boil, add a rounded teaspoon butter and about a cup of soft breadcrumbs. Put to side of stove for a few minutes,

then add 1 well beaten up egg, salt and pepper to taste. If too thick, add more milk.

BEETROOT MOULD

Ingredients: 1½ dessertspoons gelatine, 3 average sized beets (cooked), ½ cup hot water, ½ cup vinegar, 2 cloves, pepper and salt and sugar to taste.

Method.—Peel and slice beetroot. Arrange in a mould. Dissolve gelatine in hot water, add cloves, sugar, salt, pepper and vinegar. Cool, strain. When thickening slightly pour over the beetroot. Serve garnished with shredded lettuce and slices of tomato. Serve with mayonnaise dressing. If liked more vinegar and less water in proportion may be used in this recipe.

HOME-MADE CHOCOLATE

Put into a basin 1 small tin of powdered milk, add 2 level tablespoons cocoa and mix well. Dissolve 3 tablespoons sugar in ½ cup boiling water, add to cocoa mixture and mix well. Pour into a shallow greased tin and allow to stand all night. Raisins or nuts, etc., may be added if desired. When set cut in small pieces.

CHOCOLATE SAUCE

One cup sugar, ½ cup water, ¼ cup cocoa, pinch salt, 1 teaspoon vanilla.

Mix sugar and cocoa, blend in water and salt, and boil all together for five minutes, stirring until smooth. Cool and add vanilla. If sauce is to be served hot, add ½ teaspoon butter.

This is a very useful sauce, which can be served with a number of dishes, such as steamed vanilla pudding, ice cream, and over sliced plain cake for an emergency dessert. If kept in a screw-top jar in the refrigerator it will keep for weeks.

PEPPERMINT WHIP WITH CHOCOLATE SAUCE

Peppermint Whip.—One pint milk, 1½ tablespoons cornflour, 2 or 3 drops of peppermint essence (obtainable from chemist), whites of 2 eggs, ½ cup sugar.

Blend the cornflour with a little of the milk, and put remainder of milk on to boil. When at boiling point, stir in blended cornflour and sugar, and stir until mixture thickens. Cook for 3 minutes, then put over a basin of cold water, and stir occasionally as mixture cools. Add peppermint essence and mix well, then fold in the stiffly beaten egg whites, stirring lightly until no streaks remain in mixture. Pour into individual moulds and chill. When ready to serve, turn out and serve with chocolate sauce.

LEMON SYRUP

One cup lemon juice, 3 cups sugar, 2 cups water, 2 tablespoons grated lemon rind.

Boil 20 minutes and when cold, bottle. Add 2 tablespoons of syrup to a glass of water.

CANDIED LEMON PEEL

Remove pulp from lemon skins. Clean thoroughly and soak in salted water for 3 or 4 days. Drain and wash salt off. Boil in clean water until soft. Drain well. Make a syrup by boiling 2 cups sugar with 1 cup water 5 minutes.

Put the well drained peel into this and boil for 5 minutes. Allow to cool and steep in the syrup for 5 days or longer. Strain off the syrup. Partly dry the peel and when firm boil up the syrup for 5 minutes, add the peel, stir till a slight grain forms. Remove peel to a flat dish, put a little syrup into each piece and leave to dry. The peel may be given a longer cooking in the first syrup and left in it until required. It is excellent for home use.

MUSTARD SAUCE FOR CORNED BEEF

One egg, 1 tablespoon mustard, 3 dessertspoons sugar, ½ cup vinegar, ½ cup corn meat water. Beat eggs with sugar and mustard, add vinegar and water. Place in saucepan till thick. Do not boil.

MAYONNAISE DRESSING, COOKED

Half pint milk, or half milk and cream, ½ pint vinegar, 1 tablespoon salad oil or melted butter, 1½ tablespoons sugar, 1 dessertspoonful salt, 1

dessertspoon of mustard, 3 egg yolks and 2 whole eggs.

Mix oil, sugar and mustard and salt well together in a basin. Add well beaten yolks, then vinegar, and lastly cream or milk. Stand the basin on a saucer in a saucepan containing sufficient boiling water to surround it to half its depth, and stir the mixture over the fire till it acquires the consistency of custard. Strain and bottle in a screwtop jar. If put in a cool place this will keep for several weeks. If a sharper flavour is desired use only 1 tablespoon of sugar and an extra dessertspoon of salt.

MERINGUE FROSTING FOR CAKES

Dissolve 1 teaspoon gelatine, ½ cup hot water. Leave till quite cool, add flavoring or coloring, 1 egg white, 1 cup icing sugar.

Beat white of egg, add gelatine gradually, then icing sugar, beating all the time till thick. Pile between layers of cake and over the top. Cherries make an attractive addition.

MOCK CREAM FOR CAKES

Half pint of milk. Use a little to moisten a tablespoon of corn flour. Boil remainder, add corn flour. Boil for three minutes. Let get quite cold. Cream dessertspoon butter and tablespoon sugar. Add 1 teaspoon vanilla. Add mixture a spoonful at a time. Will keep a week.

MUSTARD SAUCE

One egg, 1 tablespoon mustard, 3 dessertspoons sugar, ½ cup vinegar, ½ cup water in which meat has been boiled. Beat the egg with sugar and mustard. Add the vinegar and water. Stand at side of stove to heat and thicken, but do not boil. Serve with corned beef.

ORANGE SHERBET

One cup milk, 1½ cups orange juice strained, ½ cup sugar. Mix well and keep.

PEAS IN MINT JELLY

One dessertspoon powdered gelatine, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup chopped mint leaves, 3 dessertspoons sugar, cup cooked peas, 1 hard boiled egg, pinch salt. Dissolve gelatine in $\frac{1}{2}$ cup boiling water, pour the rest over finely chopped mint leaves, add sugar and salt and cover for 20 minutes. Add vinegar and gelatine. Place peas and chopped egg in small moulds or egg cups, pour over them the liquid. Set in a cool place.

TOMATOES IN MINT JELLY

Ingredients: Two dessertspoons gelatine, $\frac{1}{2}$ cup finely chopped mint, 1 cup hot water, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup sugar, 1 doz. very small tomatoes.

Method.—Dissolve gelatine in hot water, add sugar, vinegar and mint. Leave until cold. Add $\frac{1}{2}$ cup of cold water. Peel tomatoes (by rubbing over with sharp knife and then peel will come off), salt to taste and arrange in serving dish. Pour over the mint jelly when it is thickening. Serve cold.

SELF-RAISING FLOUR

Thirty-two lb. flour, 8 oz carb soda, 26 oz. of cream tartar or antelope. Mix well.

PARISIAN HONEY SWEETS

Take 2 cups of dried fruit, $\frac{1}{2}$ cup of honey and 1 cup nuts. Grind (mince) fruit—figs, prunes, raisins, dates and any dried fruits you can get—and nuts. Add honey and mix well. Pat into flat sheets and pack under pressure for 24 hours. Cut into squares or sticks. Dip, if desired, into melted chocolate or fondant.

POTTED STEAK

One lb. steak, 1 tablespoon anchovy sauce, $\frac{1}{2}$ lb. butter, 1 teaspoon of salt and pepper to taste, a little cayenne, ground mace and nutmeg.

Stew for five hours in a double boiler, then mince the meat and mix with the gravy and put in jars when cold.

SHEEPSKIN TANNING AND RUG-MAKING

Tanning Method.—After pelt has been removed from the sheep, spread it on an even surface, flesh side up, sprinkle salt on it freely, and rub it in hard. Let it remain on the floor until the salt has dissolved, then make a strong solution of warm suds and wash the wool thoroughly.

Let it get partially dry, then, if the skin is a large one, take 1 lb. of pulverised alum and mix it with 1 lb. of salt, add sufficient bran and water to make a stiff batter; spread it over the flesh side of the skin. Then turn in the skin until the edges meet in the centre, keeping the wool off the mixture. Let the skin lie for two or three days, then shake the bran off.

As soon as the skin begins to dry, work it by pulling and stretching over the top of a fence or similar structure. Continue until the skin is soft and pliable.

Making Rug.—How many skins you would need would depend on the size of the rug you have in mind. For a rug 4ft. 6in. by 2ft. you probably would need two skins of average size sheep. They would provide a margin for mistakes when you first cut them to shade.

Skins would be joined by sewing as carpets are sewn. Place one skin on table with wool on top, and place the other skin on top of this with the flesh side up. Use fine, strong twine. After sewing, shave the wool off the narrow margin near the twine so that there will not be a lump along the centre where the skins were joined.

Turn the skins with the flesh side on top and mark your design, whether round, oval, square or oblong, before cutting with a sharp knife or razor. Some people prefer felt to attach to the rug, and this then can be cut close to the rug or a margin of a few inches can be left to provide a color contrast with the whiteness of the wool.

Length of wool is also a matter for individual taste. Better to cut it to two inches at first. If thought too long another half inch can be clipped later. Be guided by the amount of wear it is likely to have.

SALAD DRESSING

One tin sweet condensed milk, 2 eggs well beaten, salt and pepper to taste, 1 cup vinegar, $\frac{1}{2}$ teaspoons mustard. Mix mustard with a little vinegar, whip eggs, then add milk and beat all well together and bottle. Will keep indefinitely uncovered.

GOOD SALAD DRESSING

One dessertspoon mustard, pepper and salt to taste, add 2 egg yolks and beat well. Then add 1 tin Nestles condensed milk and $\frac{1}{2}$ cup vinegar. Beat well and put in screw top jars. Keeps for weeks. Good for savouries.

GOOD FLOOR POLISH

Equal part of Fisher's wax and kerosene. Mix well.

LINO. POLISH

One lb. bee's wax, 2 oz. potassium, 9 cups water. Boil. When cold add 1 quart turpentine and beat to a cream.

FURNITURE POLISH

Half pint linseed oil, $\frac{1}{2}$ pint turpentine, $\frac{1}{2}$ pint metholated spirit, $\frac{1}{2}$ pint vinegar.

PRESERVING MEAT FOR FAMILY USE

Preserved Meat: About 20 lb. meat, half kerosene tin of cold water, 2 lb. sugar, $\frac{3}{4}$ lb. salt, 1 tablespoon salt-petre.

Let the water boil, add sugar, salt and salt-petre. While this is boiling add meat cut into 3 or 4 lb. pieces. Boil slowly for 20 minutes. Take tin from fire and place weight on meat to keep always under brine (this is important. Cover with cloth and keep in cool place. When cold there is a thick layer of fat on top. When requiring meat just break fat take out meat as required. Melt some of the fat and pour over brine again.

To cook meat, cover with fresh water and boil till tender. Sugar keeps meat from getting salty. Sausages and saveloys can be kept in same way.

DRY SALTING 100 LB. MEAT

Six lb. salt, 2 lb. sugar, 2 oz. salt-petre, 2 oz. carb. soda, 1 oz. cayenne, and any other spices desired. Mix and rub into meat daily.

HOUSEHOLD SOAP

Nine lb. fat, 16 pints water, 1 lb. resin, 3 small tins of caustic soda. Boil all together for about an hour, leave to cool over night, then cut in squares and leave to dry. 1 Table-spoon citrenella improves the smell.

WORCESTERSHIRE SAUCE—1

Put the following ingredients into a jar:—Half pint ketchup, $\frac{1}{2}$ lb. salt, 1 oz. whole ginger (bruised), $\frac{1}{2}$ lb. bruised garlic, 2 lemons (sliced), $\frac{1}{2}$ pint treacle, 1 oz. cayenne pepper, $\frac{1}{2}$ oz. cloves.

Boil 1 quart of vinegar, pour it into the jar. Stir it and let it remain 6 or 7 days, stirring every day. Then strain through a colander and bottle.

WORCESTERSHIRE SAUCE—2

One pint treacle, 1 oz. ground pepper, $\frac{1}{2}$ oz. of bruised cloves, $\frac{1}{2}$ oz. powdered mace, $\frac{1}{2}$ oz. of cayenne, $\frac{1}{2}$ oz. of garlic, $\frac{1}{2}$ lb. onions, 2 quarts of vinegar.

Put the mixture into an earthenware jar and let stand for two weeks, closely covered. Stir once daily. At the end of this time boil all together for 20 minutes. Strain through muslin and bottle when cool.

"COMO" SOAP

Into a kerosene tin put $6\frac{1}{2}$ lb. clean fat, 2 gallons of water, $\frac{1}{2}$ lb. of resin, $\frac{1}{2}$ lb. of borax. Bring to boil. Then add slowly and stirring all the time 1 lb. of caustic soda by dessertspoonfuls. Have fire low and have a dipper of water handy in case it boils up. When all caustic is stirred in move to side of hob and let cook for about half hour. Then stir in one packet of lux and put away till next day. Then turn out and cut into bars for use. For larger quantities make in the copper.

YORKSHIRE PUDDING

Three heaped dessertspoons plain flour, 2 eggs, $\frac{1}{2}$ cup water, 1 cup milk, little salt.

Break eggs into basin, add flour and salt and gradually water. Mix well and let stand 1 hour. Then add milk and mix thoroughly. Have fat in roasting dish boiling, pour mixture in and cook 40 minutes.

HOME-MADE COMPRESSED YEAST

To 1½ pints of boiling water add a level teacup of hops (tied in a muslin bag) and 1½ lb. potatoes and boil. When the potatoes are tender, press them through a colander. While this water is hot pour on to 1 breakfast cup flour, 1½ teacups demerara sugar, a teaspoon each of salt and ground ginger.

Dissolve 2½ oz. ordinary yeast in a little warm water, and while luke-warm add to the above mixture.

Allow to remain in a cool place for 24 hours, after which add sufficient cornflour to enable it to be rolled out.

Cut into little cakes with the top of

an egg cup, then put on plates to dry in the wind, turning when necessary. When hard, wrap each piece in grease proof paper and store in lidded tins. When making bread use 1½ oz. of yeast to 7 lb. flour. Dissolve in ¼ pint warm water, and add 1 teaspoon demerara sugar. Stand 5 minutes before using.

TO COOK VEGETABLES

Root Vegetables.—Put on in boiling, salted water.

Potatoes.—Put on in cold water.

Green Vegetables.—Put in boiling salted water.

ICE CREAM**ICE CREAM**

Whip the whites of 2 eggs with a pinch of salt till stiff. Add ½ pint of cream and ½ cup of sugar and whip again. Add ½ pint of milk and nearly the same of water. Vanilla to flavor. Mix and freeze.

IDEAL MILK ICE CREAM

Make a junket of ½ pint of milk, ½ cup of sugar and ½ junket tablet. Beat 1 tin of "Ideal" milk, unsweetened, and gradually add 1 teaspoonful of gelatine, which has been dissolved in a little warm water, add vanilla. Add to junket and beat. When freezing beat twice before it sets.

JIM'S ICE CREAM

Custard Base.—One pint milk, 1 cup sugar, ½ teaspoon salt, 1½ level tablespoons flour. Boil milk, mix dry ingredients thoroughly, stir into milk and cool till thickened, stirring constantly. This makes about 2½ cups which can be stored and used as required.

To make Ice Cream.—One cup of base, 1 cup whipped cream, 1½ teaspoons vanilla. Cool base in tray, whip cream and vanilla slightly, mix in base and whip again. Then freeze hard.

MAC'S ICE CREAM

Two egg whites, beat till stiff, then add 2 cups whipped cream and beat

both together. Then mix in 1 tin condensed milk, 1 tin fresh milk and beat all together.

GAY'S ICE CREAM

Set 2 packets junket, 4 dessertspoons powdered milk, 1 tin condensed milk, vanilla. Beat all well and set.

PAT'S ICE CREAM

Soak 2 small teaspoons gelatine, 1 cup cold water for ¼ hour. Then mix it with 1 pint milk and 1 tin of condensed milk and put on stove stirring until it looks creamy. When cold put in freezer and when beginning to set put in basin and beat well and then freeze.

ICE CREAM

One cup cream, whipped slightly, add ½ tin condensed milk and 1 cup milk, pinch salt and vanilla to taste. Beat. (Double the quantity just fills 3 trays). When setting fairly firm remove from trays and beat again.

ICE CREAM

One cup fresh milk, 1 cup cream, ½ tin of Nestles condensed milk, 1 egg and flavouring essence.

Method: Beat egg and add other ingredients. Mix well. Pour into ice cream trays and freeze for 1 hour, return to basin and whip again till smooth and increased in quantity. Return to trays and finish freezing.